

STANDARD INSTALLATION  
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR

NSA Bahrain  
Bahrain

Information Date  
May 09, 2003

Visit the SITES Web Site at  
<http://www.dmdc.osd.mil/sites>

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# Installation

## Installation Overview

For more information on this subject:  
COMUSNAVCENT/COMUSFIFTHFLT  
<http://www.cusnc.navy.mil>

NSA Bahrain covers the busiest 60 acres in the world. We are located in the middle of the Middle East and we provide services and support to ships at sea, remote sites throughout the region, and military and civilian personnel living in Bahrain. NSA is currently undergoing a new construction and renovation project that will greatly increase facilities and services.

For more information on Bahrain, stop by your local Navy Fleet and Family Support Center, Army Community Service Center, or Air Force Family Support Center. Check out our Bahrain Welcome Aboard Packet or logon to the websites listed in this packet to get more information on what Bahrain is like.

## MISSION

The mission of NSA Bahrain is to support Commander, U.S. Fifth Fleet, deployed assets, military and DoD civilian personnel and families in Bahrain.

## HISTORY

The British Navy established a naval installation known as HMS JUFFAIR on April 13, 1935 in the area where NSA is located today.

In 1950, the United States Navy leased office space aboard HMS JUFFAIR from the British. In 1971, after their treaty expired, the British left Bahrain, granting the island total independence. The United States, through agreement with the Bahraini government, took over part of HMS JUFFAIR, renaming it Administrative Support Unit Bahrain. The command title was changed to Administrative Support Unit, Southwest Asia in 1992 to reflect the new mission to support ships and remote sites throughout the COMUSNAVCENT Area of Responsibility. In 1999, ASU SWA became NSA Bahrain.

Major Commands: Commander, US Naval Forces, Central Command; Commander Logistics Forces, U.S. Naval Forces Central Command (CTF-53);

Naval Support Activity, Bahrain (NSA Bahrain); and Commander Destroyer Squadron Fifty (COMDESRON 50).

Remote Sites: Fujairah, United Arab Emirates (UAE); Jebel Ali, UAE; Hurghada, Egypt; Port Liaison Element, Abu Dhabi, UAE; Patrol Squadron (VP); Jeddah, Saudi Arabia; Logistics Support Station Doha; Qatar Navy Regional Contracting Center (NRCC), Dubai, UAE.

Other Tenant Commands: Air Mobility Command, OLA Detachment 1 (AMC); Ship Repair Unit (SRU); Branch Medical Clinic; Branch Dental Clinic; Defense Courier Service (DCS); Defense Energy Region Middle East (DER-ME); Department of Defense Dependent School (DoDDS); Explosive Ordnance Disposal Mobile Units Detachment Eight and Six (EODMU8 DET and EODMU6 DET); Fleet Air Reconnaissance Squadron ONE (VQ-1); Helicopter Combat Support Squadron Two (HC-2); Helicopter Mine Countermeasures Squadron Fourteen; Interim Marine Corps Security Force (IMCSFCO); Maritime Liaison Officer (MARLO); Military Sealift Command Office (MSCOSWA); Military Traffic Management Command (MTMC); Naval Computer and Telecommunications Station (NCTS); Naval Criminal Investigative Service (NCIS); Special Warfare Unit Three (NSWU-3); Navy Legal Service Office (NLSO); Navy Federal Credit Union (NFCU); Navy Media Center; Navy Central Meteorology & Oceanography Center; Navy and Marine Corps Relief; Special Operations Command Central, Forward; United Services Organization (USO); University of Maryland; U.S. Army 46th Medical Detachment (Veterinary Services); 609th Air Support Squadron, OLA Detachment One; Cryptologic Support Group; Defense Information Systems Agency (DISA); Naval Mobile Construction Battalion; Naval Research Laboratory; Naval Security Group Activity; ROICC. In addition, homeported ships are the USS ARDENT, USS CARDINAL, USS DEXTROUS, and USS RAVEN.

<b>Name:</b> NSA Bahrain Fleet and Family Support Center
<b>Address:</b> PSC 451 Box FFSC
<b>City:</b> FPO 09834-2800
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-049
<b>Comments:</b> Please contact us with any questions regarding Bahrain. We are 8 to 11 hours ahead of the U.S.A. Our normal duty days are Sunday to Thursday.

## Must Know Items

Many special rules and regulations apply in Bahrain. Please carefully check EDUCATION, MEDICAL, RELOCATION SERVICES, POV, HOUSING OVERVIEW, UTILITIES, and PET sections of SITES. Other special issues are addressed in this section. Ask your sponsor lots of questions, especially regarding vehicles, passports, pets, clothing, housing, schools, and work hours.

### ACCOMPANIED TOURS

Family members are authorized to travel with their military/DOD sponsor. From time to time temporary restrictions on travel for family members may exist based on the Force Protection Condition. Stay in touch with your Detailer and Sponsor to keep abreast of the latest information.

### PASSPORTS/VISAS

All active duty military personnel and their family members are required to have an official passport prior to arrival in Bahrain. Official (No-Fee) passports will be issued through your Personnel Support Detachment (PSD). You and your family will be required to provide 2 (color) two-inch by two-inch head and shoulders photographs (in civilian clothes) for each passport. You will also be required to provide proof of US citizenship (generally an original, certified copy of your birth certificate or previous passports are acceptable). It is advisable not to delay, early planning is vital. Passport application can take as long as two months. You may want to obtain a regular tourist passport, at your own expense, for international touring purposes (apply at any post office).

**PCS PERSONNEL CAN NOT, REPEAT, CAN NOT TRAVEL ON A MILITARY ID EVEN ON MILITARY AIRCRAFT INTO BAHRAIN!!!!!!!**

The Kingdom of Bahrain requires a visa for all personnel entering the country. All service members and their family members should ensure they have "no fee" passports in their possession. Active duty military traveling with their family may enter the country on an official "no fee" passport without a visa, provided all family members are US passport holders. Visas may be obtained upon arrival at Bahrain International Airport. There will be a cost of \$30.00 for each member entering Bahrain, for a temporary 72-hour visa. This expense will be reimbursed on your travel claim when filed at the Personnel Office. Family members who carry foreign passports (not citizens of the US) may not be able to enter the country without a current Bahrain visa. Check with the Bahrain Embassy for specific visa requirements. All personnel living in Bahrain are required to obtain a Civilian Population Registry card (known as a CPR card) soon after arrival. The CPR card can be obtained on-base or in town, you will need the CPR card to buy car insurance, sign a lease, or obtain a Bahrain driver's license. The CPR card requirements are discussed in the base orientation.

**VISITING DEPENDENTS:** Members must receive written permission from their command prior to dependents visiting Bahrain. With written permission those on a one year unaccompanied tour may have dependents visit for up to 30 days total; members on two year unaccompanied orders may have dependents visit for a total of 60 days, no more than 30 days at one time. Visas may be obtained via the Bahrain Embassy stateside or upon arrival at Bahrain International Airport (BIA). If a temporary visa is obtained at BIA for less than 30 days, then an extension for the visa can be obtained at the Immigration/Investigations Liaison Office (located on base), subject to a fee.

**CIVILIAN ATTIRE (GENERAL):** Civilian attire must present a neat conservative appearance. Neither males nor females shall wear shirts or blouses of sheer fabric that could be considered revealing. Shirts or ball caps with military, political, religious, musical, or heavy metal logos should not be worn. Clothing will be loose-fitting and concealing rather than revealing. In concert with Arabic cultures, shorts are prohibited in public except when actively engaged in exercise or sporting events by adults, age 12 and older. Cutoffs and tank tops are examples of apparel not to be worn in public as liberty attire. For more details see REGULATIONS. Also, it does get cool and wet in Bahrain during the winter; bring sweaters, jackets, and rain gear.

## DRIVER'S LICENSE

Before your arrival to Bahrain, if you do not wish to apply for a Bahrain driver's license, you should obtain an International Driver's License for all family members who may be expected to drive while overseas. The American Automobile Association (AAA) can provide a license for a fee (approximately \$10.00). The International License must have a current photo, is good for only one year, and is not valid without a current US driver's license. Though the AAA application form indicates the International License is "not renewable," it is possible to obtain a new one by mail. You will need to bring the application forms, AAA's address and keep your US license current.

If your US license will expire during your tour in Bahrain, renew it before you leave the US. If this is not possible, be sure to bring the blank forms for your renewal. You should insure that the word "temporary" does not appear on your state license. Individual states may automatically extend a license for active duty military, but the State of Bahrain will not recognize a driver's license beyond its expiration date.

If you are unable to obtain an International Driver's license prior to your departure for Bahrain, you can obtain a 5-year Bahrain Driver's License for a fee (approximately \$50.00). You must provide a valid stateside license, passport and two ID size pictures. Individuals must be 18 years of age to drive in Bahrain.

When you arrive in Bahrain, your International Driver's License must be stamped by local authorities to be valid. This can be accomplished at the Immigration/Investigation Liaison Office, which is located on base. Women are permitted to drive in Bahrain.

## MOTORCYCLES

Personnel may operate a motorcycle in Bahrain under the following conditions:

1. In all cases, you must have completed the AAA Motorcycle Safety course IAW OPNAVINST 5100.12G. You CAN NOT ride a motorcycle on or off base without proof of course completion, either a certificate card or a page 13 entry. The course is not offered in Bahrain at this time.

Military personnel and DOD civilians who want to ride a motorcycle while in Bahrain must attend a US Navy Motorcycle Safety Course before PCSing to Bahrain.

2. Licensing requirements: You must have a valid International License without motorcycle restriction. This license must be validated by the Immigration/Investigation Liaison Office, which is located on base, for a fee OR you must have a valid stateside motorcycle license, which may be transferred to a Bahrain Motorcycle License, for a fee. Expect this fee to be approximately BD26.000 or \$70.00.

## TAXES

**FEDERAL INCOME TAX COMBAT ZONE EXCLUSION:** Because Bahrain is still considered a "combat zone," the appropriate income exclusion will apply to each month that you are in Bahrain. Note that the exclusion applies only to "military compensation," and not to other income such as interest from bank accounts, etc. Reenlistment bonuses and lump-sum payments for unused leave accrued while serving in a combat zone are considered "military compensation" to which the exclusion applies. If you have any question about tax issues while in Bahrain, consult the Naval Legal Service Branch at NSA.

**WHEN TO FILE:** Internal Revenue Code 7508 suspends the time for a taxpayer to file a return for the entire time the service member is in a combat zone plus 180 days thereafter. No interest or penalties will accrue. Although this provision applies to service members in Bahrain, it is **HIGHLY RECOMMENDED** that service members file a tax return as normal by April 15. The logistical problems of filing from Bahrain are minimal, and it can be difficult to reconstruct tax records years down the road when it comes time to file. Remember, this is a filing extension, not an exclusion. In addition, this provision in the Internal Revenue Code is always subject to change. Filing your return on time is simpler and can avoid problems with the IRS. **BEWARE:** The above provisions apply only to your **FEDERAL** income tax. Many states, but definitely not all, have combat zone income tax exclusions and extensions similar to the federal rule. It is a good idea to check with your state income tax authority before you leave home.

**PLAN AHEAD:** Make sure that you take any tax records or forms that you will need to Bahrain. Before you leave, you may also wish to arrange with a professional tax service to assist you with your returns when tax-time rolls around. Navy Legal Services in Bahrain has all federal and most state tax forms. Also, state and local tax forms and publications are available on the Internet.

**TAX EXEMPTION:** According to the Internal Revenue Code Section 112, the following applies with respect to the calculation of taxable income while Operation Desert Storm remains in effect.

a. Enlisted service members, warrant officers and commissioned warrant officers who spend any portion of a month within a designated combat zone are entitled to exclude from their gross income all military compensation received for that qualifying month or months.

b. Commissioned officers are entitled to exclude \$5382.90 for each qualifying month. Any earnings over this amount are taxable.

c. These provisions all apply for any month in which the service member was hospitalized as a result of wounds, disease or injury incurred while serving within a combat zone.

**STATE INCOME TAX:** Many states are now withholding taxes from the service member's pay. If your state has special forms for the state income tax exemption, ensure you bring this material with you or have special tax forms mailed. The Soldier's and Sailor's Civil Relief Act usually prevents double taxation, but does not provide exemption from taxation. Contact a professional tax preparation company or the nearest Naval Legal Service Office for specific information. Many states do not automatically send you forms; you must remember to request them.

**PAY AND ALLOWANCE ENTITLEMENTS:** These are the following allowances that all active duty members will receive while stationed in Bahrain:

For Single Personnel - COLA (single), BAS(Basic Allowance for Subsistence), Hostile Fire Pay @ \$150.00 per month, Single BAQ, Single OHA, and Foreign Duty Pay.

For Accompanied Personnel - same entitlement as single personnel except they will get COLA (dependent), Dependent BAQ and Dependent OHA.

For Unaccompanied Personnel - same entitlement as single personnel except they will get Dependent BAH based on dependent's location and FSH Type 2 @ \$100.00 per month.

\* BAS for enlisted is \$8.63 per day.

\* Foreign Duty Pay amount ranges from \$8.00 to \$22.50 per month, depending on paygrade.

\* COLA is computed based upon rate/rank, time in service, marital status, and number of dependents. COLA is not a fixed amount. It can be reduced or increased based on a survey by the State Department.

\* All enlisted personnel and warrant officers are exempt from federal and state tax. Officer's taxable income is reduced by \$5382.90 per month.

\* Overseas Housing Allowance is a combination of BAQ and OHA. This entitlement is included in the member's paycheck and must be paid to the landlord.

See **RELOCATION SERVICES**-Financial Preparedness for more information.



## Must Know Items

<i>--Installation--</i>	
Site Name	NSA Bahrain
Last Updated	May 09, 2003
Country	Bahrain
County	
ZIP Code	09834-2800
Service	USN
Host Command	ASU SWA
Physical Size	60
<i>--Phones--</i>	
DSN Country Code	318-
DSN Number	439-xxxx
Commercial Country Code	011-
Commercial Area Code	973-
Commercial Number	724-046
FAX DSN Country Code	318-
FAX DSN Number	439-XXXX
FAX Commercial Country Code	011-
FAX Commercial Area Code	973-
FAX Commercial Number	724-049
<i>--Official Mailing Address--</i>	
Street Line 1	NSA Bahrain Fleet and Family Support Center
Street Line 2	PSC 451 Box FFSC
City	
Overseas P.O.	FPO AE
ZIP Code	09834-2800
<i>--Deliverable Address--</i>	
Street Line 1	NSA Bahrain Fleet and Family Support Center
Street Line 2	PSC 451, Box FFSC
City	
Overseas P.O.	FPO AE
ZIP Code	09834-2800
E-Mail	stelljese@nsa.bahrain.navy.mil

### Nearby Installations (Listed Separately in SITES)

The next closest US Navy base is NAS Sigonella, Italy, which is about 5 hours away by airplane. There are frequent military flights from Bahrain to other locations.

### Regulations

PASSPORTS/VISAS. Refer to "Must Know Items" for passport/visa specifics.

MILITARY UNIFORMS. All uniform items required by grade are needed for duty in Bahrain. However, personnel will not wear military uniforms

on liberty when off a US military compound. Military uniforms will not be worn in public or in the public areas of hotels or commercial establishments unless on official business. Bring a "full seabag". Only limited uniform items are carried in Ship's Store.

MALE ATTIRE. The following rules apply to all male personnel concerning liberty attire when in public and outside private housing or US compound areas.

All pullover shirts must have a collar and sleeves unless otherwise permitted by the circumstances (that is, actively engaged in athletics where more formal attire is clearly inappropriate). Shirts shall not be

open below the second button from the top of the shirt.

Long trousers will be worn when in public and among the host nation populace.

Earrings will not be worn by male personnel.

**FEMALE ATTIRE.** The following rules apply to all female personnel concerning liberty attire when in public and outside private housing or US compound areas.

Due to local cultural sensitivities, female personnel will be especially sensitive to the need to dress in a conservative manner. Bright-colored or flashy clothing may draw unwanted attention and should be avoided. Upper arms and shoulders will always be covered and skirts must fall to the knees.

Children 12 years old and younger are allowed to wear summer clothing, such as shorts and sleeveless tops, but need sunscreen protection.

**VEHICLES.** Personally owned vehicles (POV) can be shipped to Bahrain and are recommended, unless they are hard to maintain or are damaged. Bahrain will not register a vehicle with body damage or missing parts (i.e. a bumper). Tinted or mirrored glass windows on your vehicle are usually not allowed, unless factory tinted. Refer to the section on POVs for more details.

**DRIVER'S LICENSE.** Refer to "Must Know" items for driver's license specifics.

**SAFETY BELT REQUIREMENT.** All occupants of vehicles are required to wear safety belts. Children under the age of ten are not allowed to ride in the front seat.

**VEHICLE ACCIDENTS.** When involved in a traffic accident, it is important not to move the vehicle until directed by Bahrain Public Security (BPS) Traffic Police. All accidents must be reported to the Security Detachment as soon as practical. Any damage repairs to vehicles **REQUIRE** an accident report. Always carry with you in the vehicle a valid driver's license (International or Bahrain - a stateside license alone is not valid), proof of current insurance (by Bahrain based company), your CPR (Civilian Population Registry) card, and some Bahrain Dinar (in case your car won't run and you need to take a cab). You will be charged an accident report fee regardless of who is at fault.

**PHOTOGRAPHY.** Cameras and video recorders are controlled on board NSA. Photography of government buildings or embassies is strictly prohibited in Bahrain. Photographs of local residents may be taken only with their prior consent.

**CRIMINAL OFFENSES.** Naval Security Force, Bahrain (NSF) works closely with the Bahrain Public Security (BPS). Offenses committed in town will be processed by BPS and forwarded to NSF. If apprehended by BPS, active duty personnel and/or family members should produce their military/dependent ID card. BPS will contact NSF for processing and turnover.

<b>Name:</b> Security
<b>Phone:</b> 011-973-724-465 DSN: 318-439-4465

## Commonly Referenced Numbers

When dialing commercial from the United States to on base telephone numbers, first dial 011-973 then the six digit number, i.e., 011-973-724-XXX. DSNs are only applicable to numbers with the prefix 724. The DSN prefix for Bahrain is 318. Substitute 72 with 439, i.e., 318-439-XXXX.

### Commonly Referenced Numbers

<i>Name</i>	<i>Commercial</i>	<i>DSN</i>
Administration	011-973-724-224 FAX: 011-973-724-210	318-439-4224 FAX: 318-439-4210
American Embassy	011-973-273-300 After Duty Hours: 011-973-275-126	n/a
Aviation Unit (AV UNIT)	011-973-723-320	318-439-3320
Base Security	011-973-724-466	318-439-4466
Chaplain	011-973-724-235	318-439-4235
Child Development Center	011-973-724-688	318-439-4688
Combined Bachelor Housing / Sentinal Hall Temporary Quarters	011-973-724-716	318-439-4716
Command Career Counselor	011-973-724-282	318-439-4282
Command Judge Advocate Department	011-973-724-237	318-439-4237
Command Master Chief (CMC)	011-973-724-471	318-439-4471
Customs Officer	011-973-724-086	318-439-4086
DODDS International School of Bahrain	011-973-727-828	n/a
Dental	011-973-724-325	318-439-4325
Disbursing Office	011-973-724-248	318-439-4248
Emergency Messages / American Red Cross	011-973-743-750	318-439-3750
Fleet and Family Support Center	011-973-724-046	318-439-4046
Household Goods/POV	011-973-724-265	318-439-4265
Housing Office	011-973-724-104	318-439-4104
Human Resources Office (HRO)	011-973-724-419	318-439-4419
Library Office	011-973-724-062	318-439-4062
MWR	011-973-724-422	318-439-4422
Medical	011-973-724-260	318-439-4260
Medical Pharmacy	011-973-724-861	318-439-4861
Naval Criminal Investigation Service (NCIS)	011-973-724-271	318-439-4271
Naval Legal Service Office	011-973-724-172	318-439-4172
Navy Federal Credit Union (NFCU)	011-973-724-313	318-439-4313
Passenger Control Point	011-973-723-221	318-439-3221
Personnel	011-973-724-208	318-439-4208
Post Office	011-973-724-272	318-439-4272
Public Affairs Officer	011-973-724-027	318-439-4027
Safety Officer	011-973-724-016	318-439-4016
Ship's Store	011-973-724-337	318-439-4337
Switchboard NSA	011-973-724-000	318-439-4000
United Service Organization (USO)	011-973-724-089	318-439-4089
University of Maryland (UMUC)	011-973-729-517	n/a
Veterinary Service Office (VET)	011- 973-724-295	318-439-4295

## Major Unit Listing

NSA Operator: 011-973-724-000, available 24 hours a day. Can connect you to any department.

NSA Commanding Officer: 011-973-724-220

COMUSNAVCENT Command Center: 011-973-724-006, available 24 hours a day.

COMUSNAVCENT Administrative Dept: 011-973-724-342

United States Embassy: 011-973-273-300

## Transportation

A shuttle bus provides transportation from the parking lot to on-base offices and facilities. Most travel off-base is by private car or taxi. There are lots of taxis, a ride from NSA to downtown Manama costs about \$5 (2 dinar). Airport to NSA about \$10 (3.5 dinar). Taxi drivers are required to use the meter, most won't unless you firmly and politely ask them to "please use the meter." After midnight, the base rate increases for metered taxi service.

There are also many rental car agencies. Public transportation is not readily accessible. There is no train service.

Commuting by bicycle is popular with personnel living close to base. Safety helmets are available here but are more expensive. It is a good idea to buy a helmet stateside. Wearing reflective gear is wise for many streets do not have lighting and it is very difficult for approaching vehicles to see cyclists.

Bahrain has a well developed system of roads which it is constantly upgrading to provide better access from the villages to the city center or other larger cities. Almost all roads are paved. However, you will come across residential areas with no paved roads. Beware when it rains - there may be some flooding and access can be hindered until floods subside.

## Commissary and Exchange Operations

SHIP'S STORE: Commissary and Exchange facilities are NOT available, but the Ship's Store carries a great selection of common commissary and exchange items, such as electronic equipment including videos and CDs, food, clothing and gift items. The store has grown in size and provides a wide array of merchandise. When ships pull into port, popular items can be sold out quickly but are usually replenished within a few days. Computer essentials can be found on the local economy, but expect to pay

a premium price for these items. It is advisable to purchase these items prior to your arrival, such as printer ink cartridges. Be sure to ask your sponsor about specific items.

PACKAGE STORE: carries an assortment of spirits, beer and wines. All sales are rationed on a monthly basis.

VIDEO SOUQ: latest video rentals and computer software sales.

MWR sponsors an on base concession area, closed on Fridays and local holidays, with:

Tailor Shop: embroidery, ready-made and tailor-made clothing.

Hair Salon: hair cutting and styling services for both men and women. Pedicure and manicure available.

Laundromat: open 24 hours, coin-operated washers and dryers. Detergent vending machine.

Shoe Shop: shoe repair, accessories, custom made shoes for men and women.

Laundry/Dry Cleaners: dry cleaning and laundry services for civilian and military clothing.

Internet Cafe: computing and printing services as well as Internet access available for modest fees.

LOCAL SHOPS AND MALLS. Most of your shopping will be accomplished at the Ship's Store. Supermarkets, shopping malls, and specialty shops are located throughout Bahrain. You can usually find whatever you need including clothes, groceries, toiletries, gifts, gold and carpets.

<b>Name:</b> Ship's Store
<b>Phone:</b> 011-973-724-337 DSN: 318-439-4337
<b>Comments:</b> Open seven days a week.

## Local Community

### Local Community Overview

For more information on this subject:

State of Bahrain

<http://www.bahrain.gov.bh/english/>

### INTRODUCTION

Bahrain is an archipelago nation made up of 33 small islands. The main island is approximately 33 miles long and 10 miles wide situated mid-way along the Arabian Gulf off the East Coast of Saudi Arabia. In 1986 the 15-mile King Fahad Causeway was opened, linking Bahrain with Saudi Arabia. Quality of life is very high in Bahrain. A high percentage of service members extend their tour of duty in Bahrain. Bahrain's population of over 650,000 includes a rich mixture of Bahrainis, expatriates, and Asians. Much of Bahrain is low-lying and barren as the surface is limestone rock covered with saline sand. However, some scholars consider Bahrain may have been the Garden of Eden. The vegetation and abundant water springs in the northern part of the island support this view. Manama, Bahrain's capital, where NSA is located, offers a wide array of historical sites, modern shopping centers, carpet and gold bazaars (where bargaining is an important skill), skyscrapers, an international airport, restaurants, and, of course, sunny beaches.

## HISTORY

In Arabic, Bahrain means "two seas" - one from the freshwater Saudi aquifer and one from the saltwater of the Arabian Gulf. Since the dawn of history Bahrain has been a trading center and until about a generation ago virtually all trade came and went via the sea. Occupying a strategic position on the great

trade routes of antiquity, with good harbors and abundant fresh water, the Bahrainis became natural traders. They now have a reputation for being the hardest bargainers in the region.

While Bahrain is certainly one of the most liberal countries in the Gulf, it remains, by Western standards, a very conservative place. Bahrain can be a safe, fun, and informative introduction to the Gulf.

## GOVERNMENT

Bahrain is a Kingdom. His Majesty the King consults often with government ministers and is readily available to citizens. Bahrain is the only Gulf state to have adopted a strict rule of primogeniture (first born son succeeds father as King) within the royal family.

"Ahlan wasahlan" or "Welcome" to Bahrain from your Fleet and Family Support Center.

## Time Zone Chart

Local time is GMT plus three hours. There is no daylight savings time in Bahrain. (We have plenty of daylight and sunshine, no need to save any.) Also, when calling, please remember, most NSA and NAVCENT commands work Sunday to Thursday.

**Time Zone Chart**

<i>Location</i>	<i>Adjustment for GMT</i>
Pacific	-8
Mountain	-7
Central	-6
Eastern	-5
Greenwich (United Kingdom)	0
Central European (Germany)	1
<b>Moscow, Kuwait ( NSA Bahrain )</b>	<b>3</b>
East Asia (Japan)	9

## Climate

For more information on this subject:  
<http://www.weather.com>

In addition to high temperatures, humidity tends to be very high during summer months. As a result, the apparent temperature may be 10-20 degrees greater than the actual temperature. There have been 3 to 5 day periods of temperatures above 120 F in July and

August. November through March brings beautiful weather.

The climate is quite pleasant, occasionally even chilly from December to March, with temperatures ranging from 40 degrees (4.4 Celsius) to 76 degrees (24 Celsius). Temperatures are coolest December to March when winds blow from the north and northwest. In July, August and September temperatures average 96 degrees (36 Celsius), and

the shallow waters of the Gulf make for high humidity. Still, the summer climate is often tempered by northwesterly Al-Barah winds. The annual average rainfall, during December through February, is approximately three inches.

The Arabian Gulf has an average depth of more than 100 feet, but most of the Bahrain section, which lies in the Gulf of Salwa, is considerably shallower. As a consequence, the effects of high evaporation rates, caused by winds and heat, play a role in the salinity and temperatures of Gulf waters.

### Climate

<i>Month</i>	<i>High</i>	<i>Low</i>	<i>Humidity</i>	<i>Precipitation</i>
January	89.8	77.6	33%	.6 inch
February	82.0	69.6	30%	.6 inch
March	86.5	68.7	35%	.4 inch
April	106.3	89.0	45%	.3 inch
May	112.0	92.6	45%	.1 inch
June	118.0	102.0	55%	
July	128.0	102.0	63%	
August	137.0	103.0	65%	
September	109.8	95.0	50%	
October	100.9	92.3	46%	
November	96.5	84.0	37%	.3 inch
December	90.0	79.6	35%	.7 inch

### Events Calendar

For more information on this subject:

For more information about Islam and Arab nations:

<http://www.arab.net>

Islamic holidays are marked by the sighting of a crescent moon, so all dates are approximate. They also move forward about 11 days each year on the Gregorian calendar as the Islamic year is based on 12 lunar months corresponding to 354 days. The current Hijrah year is 1423, which started in March 2002. Local holidays for the 2002 calendar include the following:

New Year's Day - January 1,  
 Al Hijrah (Islamic) New Year - March 15,  
 Ashoora - March 23-24,  
 Prophet's Birthday - May 25,  
 Ramadan - approximately November 5 (for 30 days or until the sighting of the new moon)  
 National Day - December 16 & 17 (this date stays the same each year).  
 Eid Al Fitr - December 5  
 Eid Al Adha - February 10-12, 2003

The base celebrates all of the American holidays; however, Monday holidays are usually celebrated on Sundays. (Our weekend here is not on Saturday and Sunday, so that sometimes confuses our holiday schedule.) Most personnel assigned to NSA Bahrain and NAVCENT are off Friday and Saturday, with the

workweek being Sunday through Thursday. Children attending the DoDDS school are off on Thursday and Friday, with the school week being Saturday through Wednesday.

### Cultural Attractions

For more information on this subject:

Bahrain National Museum

<http://www.bnmuseum.com/english.asp>

Bahrain abounds with history, ancient cultures, modern museum facilities, on-going restoration activities, and large and small shopping areas. Here are a few examples:

**BAB AL-BAHRAIN.** The "Gate to Bahrain." Built by the British in 1945 to house government offices and serve as a formal entry way to the city. It is now the home of the tourist office and souvenir shop. This is the entrance to the "souq". The gold, clothing, and everything else marketplace. Bargain for all items.

**AL AREEN WILDLIFE PARK.** A park and reserve near Zallaq, established nearly 20 years ago as a sanctuary for endangered species of animals. The eight square kilometer sanctuary is home to more than 500 animals and its greenery attracts many species of birds. Animals which can be seen include Arabian Oryx, addax, Persian Gazelle, springbok, blesbok, impala, topi, eland, Thomson's gazelle, and fallow deer.

**TREE OF LIFE.** This lone mesquite tree, apparently fed by an underground spring, provides welcome shade in the middle of the desert.

**BAHRAIN NATIONAL MUSEUM.** Great museum! Open six days a week except for special holidays. Entry fee is 500 fils (\$1.33). Since 1988 a collection of Bahrain's rich collection of ancient archaeological artifacts has been on display at the Bahrain National Museum. The \$29 million complex on Manama Bay includes three halls devoted to archaeological artifacts and two halls depicting the culture and lifestyle of Bahrain's recent pre-industrial past. Foremost among the exhibits in the ancient history section is an actual burial mound which was transported from its site in the desert and reassembled in the museum. Another feature is a tableau which depicts a scene from the Epic of Gilgamesh (in which reference is made to the paradise of Dilmun).

**BEIT AL-QUR'AN.** Free, but a donation is requested. This museum houses a large, and quite striking, collection of Quran, manuscripts, wood carvings, etc. A good introduction to the art of Islamic calligraphy.

**AL-FATEH MOSQUE (GRAND MOSQUE).** The Al-Fateh Mosque, also known as the Grand Mosque, dominates the Al-Fatih Highway on the coast south of central Manama. You can't miss it. It's the largest mosque in the country and is capable of holding 7,000 worshippers. Guided tours are offered Saturday - Thursday mornings.

**BAHRAIN FORT (Qal'at Bahrain)** is commonly known as the Portuguese Fort but, although there is a Portuguese structure on the site, excavations indicate that there have been fortifications, or at least buildings, there since the third millennium BC. Of the existing fortifications, the oldest is a 2,000 year old Hellenistic fort. There is also an 11th century Islamic fort, while the Portuguese remains date from the 16th century. Examination of the Portuguese Fort shows that its builders made use of the stone from the neighboring structure.

**ARAD FORT.** The Portuguese also had a hand in shaping Arad Fort on Muharraq. Initially built by Bahrainis toward the end of the 15th century, the fort was captured by the Portuguese in or about 1559. Later, in 1602, the fort changed hands again as invading Omanis captured it. They made extensive changes including filling in the moat. Extensive restoration work was carried out at Arad Fort during the 1980s.

**BAIT SHAIKH ISA.** The Al Khalifa dynasty became firmly established in Bahrain thanks largely to the long rule of Shaikh Isa bin Ali Al Khalifa, whose accession in 1869 ended a period of internal disputes. Shaikh Isa, who ruled until 1932, had a house in the old town of Muharraq, and this house has been refurbished and is open to the public.

**AL JASRA HOUSE.** Another fine example of traditional Bahraini architecture, the Al Jasra House which was built shortly after the turn of the century, is constructed of typical local materials such as coral, gypsum, lime and various parts of the palm tree. It was in this house that the present Amir's father, Skaikh Isa Bin Sulman Al Khalifa was born.

**SIYADI HOUSE.** This 19th century pearl merchant's house in Muharraq is a fine example of local architecture and interior decor.

## **Recreation Opportunities**

For more information on this subject:

Bahrain Tourism

<http://www.bahraintourism.com>

Bahrain offers a wide variety of recreational activities. This is the short list:

Sailing, golf (grass and sand courses), water-skiing, deep sea fishing, dhow trips, wind surfing, scuba diving, pearl diving, snorkeling, squash, soccer, rugby, horseback riding, horse racing, roller skating and ice skating. There are also sports clubs and resorts, sunny beaches, movie theaters, desert hiking and biking, island tours, running clubs, para-sailing and camel riding.

MWR sponsors frequent tours and recreational events. See MWR Section for more details.

## **Military Related and Civic Organizations**

Regular military and civilian support groups are readily available in Bahrain. Groups include American Women's Association, Bahrain Officers' Spouses' Club, and First Class Petty Officers' Association.

## **Shopping**

For more information on this subject:

SEEF MALL Web Page

<http://www.seef.net/>

Bahrain seems to grow shopping centers. New centers sprout up all the time.

**THE SOUQ.** Downtown shopping district, hours approximately from 0830 to 1230 and 1600 to 2000, Saturday to Thursday, and sometimes on Friday. Electronics, spices, and clothing seem to be the main stock in trade. But, in the tradition of Middle Eastern bazaars, most anything can be found.

**THE GOLD SOUQ AND GOLD CITY.** These are two separate air-conditioned buildings within the big "souq" area. Each building features only shops offering gold (18-24 kt), silver and precious/semi-precious stones.

**YATEEM CENTRE.** A modern, three-storey, air-conditioned shopping complex within the "souq" or shopping area. Similar hours of operation as the "souq".

**BAHRAIN COMMERCIAL COMPLEX.** Part of the Sheraton Complex in the downtown Diplomatic Area. Expensive jewelry and designer original boutiques in an air-conditioned mall setting.

**CENTRAL MARKET.** Open 0600-1600 daily. Near the Pearl Roundabout in downtown Manama. Large varieties of fresh fish, meats, fruits and vegetables at very good prices in this "farmer's market" atmosphere.

**AL A'ALI SHOPPING COMPLEX.** The complex hosts nearly 120 stores and is constructed with a trend toward Islamic architecture.

**SEEF MALL.** This mall is one of the largest in Bahrain. It is open 0930 to 2130 seven days a week. Mall stores include J.C. Penney's, Liz Claiborne, Toys'R'Us, and two cinema complexes with a total of sixteen screens. There are also two food courts offering international cuisine and familiar American fast foods, including Starbucks.

**BAHRAIN MALL.** This is the newest mall in Bahrain. It houses Geant, a hyperstore much like a super Walmart.

**Note:**

You can get most any product off base in the stores, but it may not be the exact brand name you prefer. There are discount stores here, and no store accepts U.S. manufacturer's coupons.

Material is inexpensive here. For those who are talented enough to sew, you can find some real bargains. For others, having clothing tailored to your liking is an affordable option.

Ordering from catalogs and from the Internet are also very popular ways of shopping - bring your catalog company addresses.

## **State and Community Social Service Agencies**

American Red Cross (ARC) is the local community social service organization on base. Water safety courses, First Aid, and CPR courses are coordinate by the ARC. Emergency leave and message traffic is handled by the local representative.

## **Non-Profit Social Service Agencies**

American Red Cross and Navy Marine Corps Relief Society (NMCRS) have offices on base.

Health and safety classes, CPR, lifeguard classes, swimming instruction and First Aid are offered by the American Red Cross.

The NMCRS can help you with financial counseling, scholarships for spouses, and baby layettes.

<b>Name:</b> American Red Cross
<b>Address:</b> Red Cross Trailer
<b>Phone:</b> 011-973-743-750
<b>DSN Phone:</b> 318-439-3750

<b>Name:</b> Navy Marine Corps Relief Society
<b>Phone:</b> 011-973-724-929 or 011-973-940-7855
<b>DSN Phone:</b> 318-439-4929

## **Religious Activities**

NSA Bahrain and NAVCENT Command Religious Programs provide chaplain coverage throughout the Arabian Gulf. Chaplains provide and facilitate religious ministry as well as pastoral counseling to service members and families stationed in Bahrain. Additionally, chaplains provide coverage to ships during port calls to the island, occasionally embarking aboard ship. Chaplains also visit detachment personnel throughout the Arabian Gulf.

There are two NSA Chaplains (plus two assigned to NAVCENT 5th Fleet) and two Religious Program specialists. Most religious services are held on base in the new Training Center/Chapel (TC/C).

The Islamic work week is observed in Bahrain. Friday is the traditional Day of Worship in the area. Three divine worship services (Catholic, Traditional Protestant, and Gospel) are offered every Friday in the TC/C. Religious Education classes for all ages



are offered on base every Friday during the school year. Bible studies are conducted in private homes during the week.

Local area churches: National Evangelic Church (Reformed Church of America), 254-508. St. Christopher's Cathedral (Anglican), 253-866. Sacred Heart Cathedral (Catholic), 253-598.

There are numerous mosques throughout Bahrain for individuals of the Islamic faith.

<b>Name:</b> Chaplain's Office
<b>Address:</b> PSC 451 Box Chaplain
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-724-235
<b>FAX:</b> 011-973-724-358
<b>DSN Phone:</b> 318-439-4235/4303
<b>DSN FAX:</b> 318-439-4358
<b>E-Mail:</b> jeffbrook@nsa.bahrain.navy.mil

## Community Transportation

Taxis are readily available in Bahrain, if you choose not to ship your vehicle here. They are easy and convenient to use. Although taxi drivers will try to bargain a price, they are required by law to use their meters. Politely ask them to "please use the meter." When bargaining keep in mind that most fares should be no more than 3 dinar (Bahrain is a small island). The Bahraini drivers speak English and are familiar with building names, government offices, and landmarks which are often given in place of addresses. Generally, the drivers are courteous and similar to their counterparts in many other countries around the world; they are willing to provide an interesting commentary on life or places to visit.

### A FEW TAXI TIPS

1. Whenever possible arrange your cab by calling Radio Meter Taxi (682-999). They are reliable, hassle-free and can be booked in advance.
2. Pay meter price or negotiated price for all people in the cab, not per person.
3. Have small denominations of dinar. Drivers often have no change.
4. Approximate meter fares (fares can vary depending on traffic and route)
  - Airport to NSA -- 3.000 BD (Bahrain Dinar)
  - Port to NSA -- 1.100 BD
  - NSA to Souq -- 1.700 BD
  - Port to Souq -- 2.200 BD
  - Gulf Hotel to NSA -- .900 fils
  - NSA to Seef Mall -- 2.700 BD

There are a large number of internationally known rental car agencies, but they can be expensive. Bargainers may pay less.

Local buses are very crowded and have no air-conditioning, but they are cheap. However, they usually don't go where you want to go and schedules are very hard to figure out. Try a cab.

The Bahrain International Airport is located five miles from NSA Bahrain on the island of Muharraq. Two bridges connect Muharraq to Bahrain. In addition to International aircarriers, AMC or MAC flights also fly into this airport at the Aviation Unit (AVUnit). A negotiated taxi fare from the airport to NSA should be between 3 and 5 dinar.

## Education

### Education Overview

A Department of Defense Dependents School (DoDDS) is located very near NSA Bahrain for grades K-12. Navy PACE provides accredited college courses for service members. On-site University of Maryland and City Colleges of Chicago offer courses for Associate and Bachelor degrees. Local private schools and universities are available, but they are quite expensive for non-Bahrainis. (For more information refer to Colleges and Universities section.)

Tuition Assistance for family members is available via NMCRS. Family members can participate at a small cost in any of the DANTES examinations/tests.

### Public and DODDS Schools

The Department of Defense Dependents School in Bahrain is located on a 26-acre campus in Juffair near NSA. The 800 students are not only American but come from more than 30 different nations. BISA (Bahrain International School Association) operates a dormitory adjacent to the school which accommodates approximately 120 students from Grades 9 to 12.

The Elementary level offers a Sure Start program and follows the American curriculum from Kindergarten through Grade Five. A wide range of subjects is offered, which includes science, mathematics, language arts, social studies, art, music, physical education, and intercultural studies. Close contact is encouraged between teacher and parent as this helps to form the most comprehensive view of the student's

personal and academic development as progress is made through the grades.

The Middle level comprises American Grades Six, Seven and Eight. Students are offered a number of core subjects as well as exploratory courses and a range of electives. Subjects include language arts, mathematics, science, English, social studies, French, and Spanish. Exploratory courses are selected from computing, drama, fine arts, industrial arts, instrumental and vocal music, home economics, physical education and health.

The Secondary level offers both the American Curriculum and the International Baccalaureate (IB) programs. The American Curriculum is a flexible combination of required courses and electives, each offering one academic credit for each successfully completed school year. Students are allowed to graduate after passing a minimum set of required courses which, together with electives, total 24 academic credits.

The IB program allows students who have successfully completed Grade Ten to pursue a two-year advanced study leading to the award of the IB Diploma. Students follow six areas of study: experimental science, first language, second language, mathematics, the study of individuals and society, and an elective. Students must also fulfill three other requirements to complete the course: theory of knowledge, extended essay, and community service projects. In many universities around the world, notably the United States, students who hold the IB Diploma qualify for advanced placement or sophomore level status.

The Bahrain School Information Center possesses over 30,000 plus books in addition to multi-media materials and equipment. The school has five computer labs utilized by students in Grades K to 12.

Special services include Arabic studies, counseling, English as a second language, special education, language arts/reading improvement, compensatory education and enrichment activities. College examinations are also offered to our students. We offer SAT, ACT and other entrance examinations. We also have a system wide testing program, CTBS, which is administered to students in Grades 3 to 11.

For specific information about the Sure Start program, contact the school.

The school offers a wide variety of curriculum extensions through after school activities as well as

an extensive sports program for all students. Each year the drama department produces an excellent musical. Required gym attire is white t-shirt and dark shorts. The school does have a conservative dress code in line with local customs that depends on the age of the children.

The faculty of Bahrain School is a fully qualified and experienced body of people committed to promoting and maintaining high academic standards throughout the school. With the combined efforts of both faculty and students, Bahrain School can be proud of its many achievements and the fact that over 95% of its students go to colleges around the world.

Bahrain School is accredited by the North Central Association of Schools and Colleges, and is a past recipient of the Award for Excellence in Education from the United States Government Department of Education.

**REGISTRATION PROCEDURES.** Please check with Bahrain School before registration to ensure compliance with current regulations. You must register your child(ren) in person. All of the following documents must be submitted for students to be admitted (please hand-carry these items, students can not be admitted without them):

1. Military orders, one copy per student.
2. Dependent Entry Approval Message (contact your personnel officer).
3. Copy of student's passport or birth certificate.
4. Social Security number of the student (mandatory for U.S. citizens).
5. Emergency contact person and telephone number other than parent.
6. Academic Reports/behavior reports from kindergarten to present. Include report cards, confidential reports, standardized test scores and discipline record. Ask the sending school for the original records and if they refuse, ask for copies of all the above information.
7. Completed DS Form 122, Certification of Immunization, (available through NSA Medical Department).
8. Bahrain School Registration Forms (check in advance with registrar for current forms package). Includes application, education history, request for student records, school bus transportation form, ethnic identification questionnaire, and Form 600 (to be signed in presence of registrar).

2002-2003 School Calendar runs from August 31, 2002 to June 22, 2003. A combination of American and Islamic holidays are observed. Kindergarten

students must be 5 years of age by 31 October of the current year.

Students attending the school must meet minimum DoDDS immunization requirements (Hepatitis B, varicella, chicken pox, diphtheria, pertussis, tetanus, mumps, measles, rubella, oral polio vaccine and tubercular skin test). Hand carry proof of immunizations.

<b>Name:</b> DoDDS Bahrain School
<b>Address:</b> PSC 451 Bahrain School
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-727-828
<b>FAX:</b> 011-973-728-583
<b>Proximity to site:</b> 0.5 miles from NSA
<b>Comments:</b> Please notify registrar at 011-973-727-828, as soon as possible if your children will be attending the school. School hours are 0730-1500, Saturday through Wednesday. Remember to hand-carry school and immunization records and IEP record.

## Private Schools

There are several private schools for children K-12 throughout the island. Most have a British curriculum. Also available are Japanese and French schools. Tuition costs vary for each program. The Bahrain School (DoDDS) maintains a list of these schools with names of contact persons.

## Colleges and Universities

NAVY COLLEGE CENTER-BAHRAIN. Recently, the Navy policy changed to pay 100% tuition for active duty military members. For those who are interested, a tour of duty in Bahrain can be a true learning experience. Navy College offers a variety of exams to include CLEPS and DANTES. Information on Distance Education programs available from Navy College.

NCPACE (Navy College Program for Afloat College Education), NSA Bahrain, through the use of Tuition Assistance, provides accredited college courses utilizing Technology Based delivery methods and offers a full range of lower level, upper level and graduate level courses.

The University of Maryland College (UMUC) European Division-Bahrain offers service members, family members and civilians the opportunity to pursue course work leading to an associate or bachelor's degree. A variety of course work is

offered in a traditional classroom approach. Distance Education is also available via the internet. Degree plans include, but are not limited to, Business Management, Psychology, Communications and Criminal Justice.

City Colleges of Chicago now offer over 200 Distance Education courses leading to Associate in Arts degrees in 30 different concentrations. A highly qualified on-site field representative will guide you on your way from registration to graduation.

Tuition assistance program is at 100% for active duty personnel. Spouse tuition aid is available from NMCRS (check with any NMCRS for deadlines).

<b>Name:</b> City Colleges of Chicago
<b>Address:</b> PSC 451
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-829-093

<b>Name:</b> Navy College Center
<b>Address:</b> PSC 451, Navy College Center
<b>City:</b> 09834
<b>Phone:</b> 011-973-724-403
<b>DSN Phone:</b> 318-439-4403
<b>DSN FAX:</b> 318-439-3660
<b>E-Mail:</b> navycollege@nsa.bahrain.navy.mil
<b>Proximity to site:</b> On-site.
<b>Comments:</b> 100% tuition paid by Navy for active duty personnel.

<b>Name:</b> University of Maryland
<b>Address:</b> PSC 451, University of Maryland
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-829-094
<b>E-Mail:</b> umuc@nsa.bahrain.navy.mil

## Adult or Continuing Education

Continuing Education programs are offered through University of Maryland, City Colleges of Chicago and the NCPACE program. Preparatory exams, CLEP tests, and GED services are available through Navy College. (See Colleges and Universities section.)

## Special Education

Child Find and EDIS/EFMP activities are available. If a child is eligible and is on an IEP (Individual Evaluation Program), or maintains other confidential documents, parents should hand carry a copy of the IEP, assessment protocols, and any other pertinent

documents from the child's current school to the DoDDs school here. Please contact the school administrator if you have any questions regarding special education services whether or not your child is currently in a program. For more information contact the Bahrain School.

<b>Name:</b> Special Education
<b>Address:</b> The Bahrain School
PSC 451
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-727-828 ext. 161
<b>FAX:</b> 011-973-725-714
<b>Proximity to site:</b> 0.5 miles from NSA.
<b>Comments:</b> Prior notification needed. Hand carry copies of IEP.

## Employment

### Employment Overview

Job prospects are varied and are very competitive depending upon education and experience. The market for potential employees is moderate. Federal government position openings are advertised through the Human Resources Office(HRO). HRO maintains listings of current vacancies. These will vary on a weekly basis, therefore prospective employees need to prepare and keep abreast of current vacancies and be persistent with their job hunt. MWR has frequent openings for recreational, child care, and clerical support positions. Some personal service contracts are available, also from MWR.

Family members are authorized to work and conduct business outside NSA. Such positions include teaching at local schools, organizing sports events, marketing, publicity and property negotiators. The below SOP explains employment procedures on the local economy

#### BAHRAIN FLEET AND FAMILY SUPPORT CENTER STANDARD OPERATING PROCEDURES FOR SPOUSE EMPLOYMENT COUNSELING ON THE LOCAL ECONOMY

Title: SEAP MOU

#### References:

(A) State of Bahrain Ministry of Labour and Social Affairs book

(B) State of Bahrain General Organization for Social Insurance book

#### Enclosure:

(A) No Objection Notice Obtained from JAG office

#### Background:

(1). Many spouses who relocate to Bahrain are interested in working on the local economy. To help serve that need, the Fleet and Family Support Center offers the Spousal Employment Assistance Program. This program is designed to be a clearinghouse of information; our goal is to help provide you with leads for possible job opportunities.

(2). The Fleet and Family Support Center, however, is not a placement agency. We do not have the resources to investigate every job opportunity to ensure its suitability for each applicant, nor do we have the resources to investigate every applicant to ensure their suitability for a particular job. Therefore, the Fleet and Family Support Center makes no guarantees regarding either the job or the applicant. As with any job, it is up to the employer and the employee to determine suitability.

(3). If a job opportunity comes along the applicant will take the necessary actions to make a reasonable assessment of the facilities to ensure their own safety. We at the Fleet and Family Support Center can not inspect or survey to determine suitability of facilities for members. It's up to the individual to make that assessment. We do not have jurisdiction to inspect Bahraini facilities and hold them accountable to any occupational safety standards. Additionally Arabs views on sexual harassment differ from those of the United States. The manner in which the US identifies and responds to sexual harassment issues and or incidents is not universal. You must remember any improprieties are dealt with according to Bahraini Laws.

(4). Before you sign an employment contract, there are several procedures that you should undertake:

(A). You **MUST** obtain a "No Objection Notice" from the Commanding Officer of NSA. Everyone in Bahrain is either a Bahraini citizen or is sponsored by someone. You are sponsored by the U.S. Navy. Before you can be employed in Bahrain, you must get permission from your sponsor. This letter can be obtained from the Command Judge Advocate Office for NSA. The office is located on the second deck of Building #1 tel. 439-4237. Your prospective employee should ask for this document. If they do not, it is still your responsibility to obtain the notice

from the JAG office signed by the Command Judge Advocate officer.

(B). You **SHOULD** become familiar with the local labor laws (a copy of which can be obtained from the Fleet and Family Support Center). This is important because if an issue isn't covered in your employment contract, it will be handled according to Bahraini law.

(C). You may find that you do not wish to be governed by some of the provisions of Bahrain employment law. Therefore it is imperative that you read and draft your employment contract carefully. Remember that this contract is as much yours as it is the employer's. If you don't like a provision, rewrite it. Here are some typical issues to consider when reviewing/writing your contract:

I). Under what circumstances can you be terminated? How much discretion is in the hands of the employer to determine whether those conditions have been met? (i.e. "shall be terminated if charged with dishonesty." Do you want to be terminated on the basis of unsubstantiated charge? Who decides? Should you be terminated without warning?)

II). Under what circumstances can you terminate the contract? Will there be any consequences to you for early termination? If you terminate after the probationary period, are you required to repay any monies to your employer? What if your hours change due to current threat conditions imposed on U.S. personnel station in Bahrain? Are you expected to work past designated curfew hours. Who will be responsible for filling in those time gaps?

III). If there is a probationary period, how long will it be? Do your rights and responsibilities change after that probationary period is over?

IV). Are you clear what your job responsibilities are? Will you be compensated for work after your designated hours? (Overtime). Are there special events that you are required to attend? Do you have the use of a company vehicle? Will there be monies available for training courses? Are you expected to learn practical phrases or the cultural aspects of the business?

V). Remember, this is an Arab country. You are encouraged to negotiate your salary and payment schedule. Will it be monthly or bi-monthly? If the employer is paying a social security-type fee, will it be deducted from your pay (i.e. is the amount they are offering you before or after any deductions)?

VI). If you have a grievance later, who will resolve it? (Remember, the Fleet and Family Support Center will not resolve grievances or advocate on any person's behalf.)

VII). Make sure that all provisions that you have mutually agreed upon with your employer are in writing. Your rights and responsibilities will be tied not to the oral representations made at the hiring, but to the written contract both parties have signed and committed to.

(5). Employment in Bahrain can be both profitable and rewarding. We hope you will take the time & effort to ensure your personal satisfaction is achieved with your employment venture. We at the Fleet and Family Support Center are here to help you.

Contact the FFSC Spouse Employment Assistance Program (SEAP) Manager when you receive your orders or as soon as possible after your arrival. You can make an appointment with the SEAP Manager who will help you establish career goals, provide information on education and training opportunities, and assist you in developing and refining resumes, federal job applications, and interviewing skills.

For job hunting purposes be sure to **HAND CARRY**: an updated resume, current SF171 or OF612, a recent performance appraisal, a copy of your sponsor's orders, recent LES, dependent entry approval, transcripts, professional certificates and awards, reference letters, and a curriculum vita (for local economy employment).

<b>Name:</b> Spouse Employment Assistance Manager
<b>Address:</b> PSC 451, Fleet and Family Support Center
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-4049

## **Federal Civilian Employment for Spouses**

Human Resources Office (HRO), Bahrain, provides civilian personnel servicing for practically all civil service positions located in Bahrain. Job openings are processed through the HRO. There are opportunities for employment within the civil service and non-appropriated fund instrumentalities (NAF). These opportunities have significantly increased over the past few years; however, there are not enough

positions available to accommodate the entire population. Spouses of military members may be eligible for a hiring preference under the Spouse Preference Program. This is a Department of Defense policy designed to provide job opportunities to qualified spouses of military members. There are other preference programs available so please check with the HRO to determine if you are eligible for priority consideration. It is recommended that all new entrants to Bahrain visit the HRO and speak with a personnel specialist to acquaint themselves to the civil service employment/hiring program. Former civil service/NAF employees should hand carry the following documents during their PCS move: latest SF-50; a recent SF-171/OF-612/resume; and, their latest leave and earnings statement (LES).

<b>Name:</b> Human Resource Office
<b>Address:</b> PSC 451 HRO
<b>City:</b> FPO 09834-2800
<b>Phone:</b> 011-973-724-419
<b>DSN Phone:</b> 318-439-4419

## Permanent Employment Resources

Spouse Employment and Transition Assistance services are provided by the Fleet and Family Support Center. Good contacts with local employers are maintained for spouse employment and a 4-day TAP seminar is provided every month for separating or retiring active duty personnel and their family members.

All spouses should also check-in with the SEAP regarding employment or volunteer positions.

## Temporary Employment Resources

Some teaching, real estate, and other temporary jobs are available on the local economy. Occasional job sharing positions are available from the HRO office. Summer jobs are available for teenagers on NSA.

All spouses should also check-in with the SEAP regarding temporary employment or volunteer positions.

## Non-Paid or Volunteer Opportunities

Volunteer opportunities are a great way to gain valuable experience and skills, enhance future employment opportunities, network with others, and help the community. Volunteers give their time and talents to a variety of groups both on and off base including the Chapel, Bahrain (DoDDS) School, Fleet and Family Support Center, American Red

Cross, MWR, NMCRS, scouting and spouse support groups.

Information regarding volunteer opportunities can be obtained from the Installation Volunteer Coordinator at the Fleet and Family Support Center.

<b>Name:</b> Installation Volunteer Coordinator
<b>Phone:</b> 011-973-724-046
<b>DSN Phone:</b> 318-439-4046

## Chambers of Commerce

For more information on this subject:  
Bahrain Promotions and Marketing Board  
<http://www.bpmb.com>

The Bahrain Chamber of Commerce sells a directory listing American and other companies operating in Bahrain.

<b>Name:</b> Bahrain Chamber of Commerce and Industry
<b>Address:</b> P.O. Box 248
<b>City:</b> Manama, Bahrain
<b>Phone:</b> 011-973-233-913 or 011-973-254-702
<b>FAX:</b> 011-973-241-294

## Private Sector Employment

For other positions available on the Bahraini economy, please contact the American Embassy in Bahrain or the Bahraini Embassy in Washington, DC. These embassies can provide tourist, employment, and general information about Bahrain.

<b>Name:</b> American Embassy
<b>Address:</b> P.O. Box 26431
<b>City:</b> Manama, Bahrain
<b>Phone:</b> 011-973-273-300
<b>FAX:</b> 011-973-272-594
<b>Proximity to site:</b> 4 miles from base.
<b>Comments:</b> Mailing address from USA is American Embassy, PSC 451, FPO AE 09834-2800. General business hours are 0800-1600, Saturday to Wednesday. Emergency after hours phone number is 011-973-275-126. Citizen hotline update is 011-973-255-048.

## Government Employment

Primary contacts for government employment in Bahrain are:

1. The NSA Human Resources Office for civil service, special appointment, and non-appropriated funds (NAF) positions. They provide SF-171 applications and job announcements.

2. The American Embassy. Please see the section on SUPPORT SERVICES (Legal Assistance) for more information on the American Embassy.

3. The Bahrain DoDDs School.

<b>Name:</b> American Embassy
<b>Phone:</b> 011-973-273-300 Ext. 2271

<b>Name:</b> Bahrain DoDDs School
<b>Phone:</b> 011-973-727-828

<b>Name:</b> Human Resources Office
<b>Phone:</b> 011-973-724-644 DSN: 318-439-4644

## Professional or Occupational Licensing

Navy College Center can order and administer many occupational licensing examinations including:

American Association of Medical Assistants (AAMA); American Board of Industrial Hygiene (ABIH); Board of Certified Safety Professionals (BCSP) Joint Committee; American Council on Exercise (ACE); American Medical Technologist (AMT); American Nurses Association (ANA); American Society for Quality Control (ASQC); American Speech-Language Hearing Association (ASHA); Cardiovascular Credentialing International (CCI); Electronics Technicians Association International (ETA-1); Food Protection Certification Program; Institute for Certification of Computer Professionals (ICCP); Institute of Certified Professional Managers (ICPM); International Society for Clinical Laboratory Technology (ISCLT); National Association of Social Workers (NASW); National Board for Respiratory Care (NRC); National Board of Certification of Orthopedic Technologists; National Institute for Automotive Service Excellence (ASE); Professional Secretaries International (PSI); Society of Broadcast Engineers (SBE); and The National Registry of Emergency Medical Technicians (EMT).

<b>Name:</b> Navy College Center
<b>Phone:</b> 011-973-724-403
<b>DSN Phone:</b> 318-439-4403

## Networking Opportunities

Contact the Fleet and Family Support Center (FFSC) Spouse Employment/Transition Assistance Manager. The FFSC offers monthly employment workshops designed to aid and assist those searching for a position.

## Medical And Dental

### Medical and Dental Overview

"QUALITY CARE FOR QUALITY PEOPLE," our goal is to give the highest quality care possible. As the only military Medical and Dental Treatment Facility in Bahrain, we are quite busy. We only offer outpatient services, but provide a variety of health care options such as primary medical and dental care to all active duty personnel and their family members. We have no emergency service capability and rely on local host nation assets for these services. By special arrangement with host nation health care facilities, we coordinate specialty care and hospitalization for all Navy and Marine Corps personnel throughout Southwest Asia. Health care services in Bahrain are considered very good; although, services are somewhat limited in scope from what you would expect in the United States.

**IMMUNIZATIONS:** Make sure your immunizations are up to date before transfer. It is essential that immunities are present before arriving. Bring all medical records and shot cards when you check in to medical. Also be aware that travel to some of the most popular regional destinations may require additional immunizations and medications.

Requirements for Active Duty are:

Yellow Fever within 10 years,  
Typhoid within 5 years,  
Influenza within 1 year,  
Polio basic series completed,  
Measles, Mumps and Rubella booster if born after 1956,  
Meningococcal within 5 years, and  
Hepatitis A series completed.

Recommended vaccinations for non-military adults (over 12 years) are:

Childhood vaccinations,  
Typhoid within 5 years,  
Influenza within 1 year,  
Measles, Mumps and Rubella booster if born after 1956,  
Meningococcal within 5 years, and  
Hepatitis A series completed.

Recommended vaccinations for children are:  
 Influenza within 1 year,  
 Meningococcal within 5 years, and  
 Hepatitis A series completed (ages 3 and over)

<b>Name:</b> Medical Department
<b>Phone:</b> 011-973-724-260
<b>FAX:</b> 011-973-724-860
<b>DSN Phone:</b> 318-439-4260
<b>DSN FAX:</b> 318-439-4860

## Medical Services/Directory - on Installation

### ACTIVE DUTY SERVICE MEMBERS (ADSMs):

All ADSMs must be seen at a Military Treatment Facility for their medical and dental care except in the case of an emergency of life, limb, vision, etc. A referral from the NSA Medical/Dental Clinics is necessary for active duty members to be seen by a host nation provider. The NSA Medical/Dental Clinics are staffed 24 hours a day with both a medical officer and a dental officer on call after hours.

HOURS: 0730-1630, Sunday through Thursday with reduced availability between 1130-1300, except Tuesdays: 0730-1130.

SICK CALL: By appointment.

### PATIENT TRANSPORT SERVICE:

Patient transport service is offered for ambulatory patients. A driver provides service from the NSA Medical Clinic to host nation providers. Host nation emergency transport service is available by calling 999 from off base or 99-999 from on base.

### PHARMACY:

Prescriptions for chronic conditions or special order medications should be filled via the mail order pharmacy program as the NSA Medical Clinic pharmacy has a limited formulary.

### AFTER HOURS/ACUTE CARE:

Medical services offered include outpatient/primary care medicine: i.e., PAP smears, well baby checks, colposcopy, vasectomy, casting, etc., flight physicals, limited dive medicine physicals, x-ray, pharmacy, immunizations, and laboratory.

### PREVENTIVE MEDICINE:

Preventive Medicine offers a full range of services including travel briefs and communicable disease counseling.

### MENTAL HEALTH:

Services available include psychological testing, diagnostic interview, treatment planning, and counseling. Child psychological services are also available along with alcohol abuse/dependence assessments.

## Medical Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Medical Clinic	Receptionist	011-973-724-260

## Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

There are two choices for medical benefits in Bahrain:

1. TRICARE Prime Europe, Bahrain: TRICARE Prime Europe is for active duty and active duty family members residing in Bahrain. This includes 100% coverage of medical benefits covered by TRICARE referrals to authorized host nation providers. Active duty service members MUST enroll in TRICARE Prime and are not permitted to disenroll. Active duty family members residing in Bahrain may enroll on an open-end basis by having the sponsor update the enrollment/disenrollment form. Active duty members, both accompanied and unaccompanied, in Bahrain must complete a

TRICARE Prime Enrollment form to join TRICARE Prime Europe, Bahrain. This will be completed when you check-in at the Medical Clinic.

2. TRICARE Standard: Standard coverage involves cost-shares and deductibles for health care. You may have reduced priority for access to care in a military treatment facility, and you will not receive the TRICARE Europe Prime enhanced preventive medicine benefits. This is the only option for retirees. To enroll in TRICARE Standard, no action is necessary. DoD civilians, DoD contractors, and U.S. military retirees are requested to complete a "CHCS only" registration enrollment form when you check-in at the Medical Clinic.

### TRICARE CLAIM FORMS



When receiving care by a host nation provider, the patient will need to complete a TRICARE Claim form for each appointment/visit at the facility. This process will be explained at the Newcomers' Orientation after you arrive.

<b>Name:</b> TRICARE/Health Benefits Advisor
<b>Phone:</b> 011-973-724-323/862
<b>DSN Phone:</b> 318-439-4862/4323
<b>E-Mail:</b> mitchemj@nsa.bahrain.navy.mil

## Community Hospitals

By special arrangement, five local host nation medical and dental facilities offer care and hospitalization for active duty personnel and their families. Each is located within 15 minutes of NSA and provide excellent medical and dental care. They are: American Mission Hospital, Awali Hospital, Bahrain Defense Force Hospital, International

Hospital of Bahrain, and Gulf Dental Specialty Hospital. Maps and points of contact are available at the NSA Medical Clinic.

## Dental Services/Directory - on Installation

### DENTAL SERVICES

Dental services offered include routine preventive and restorative care including root canals, minor surgery, and limited prosthetics. Active duty service members have priority treatment. Access to the Branch Dental Clinic is limited to urgent/emergent care for family members and retirees. We highly recommend all active duty service members enroll their family members into the TRICARE Family Dental Program (TDP). All care for the TDP is coordinated through the Dental Clinic. All specialties, including Pediatrics and Orthodontics are available by fully credentialed host nation providers.

### Dental Services/Directory - on Installation

<i>Clinic</i>	<i>POC</i>	<i>Number</i>
Dental Administration		011-973-724-325

## Family Member Dental Plan

Dental benefits through United Concordia (UCCI) are available to active duty family members; the program is known as TRICARE Dental Program OCONUS (TDP OCONUS) which reimburses enrolled family members for authorized dental care done by host nation providers. Due to limited capability, if a beneficiary comes into the department after hours and requests to be seen for emergency care, the Duty Medical or Dental Officer will screen the patient either via phone consultation or in person (depending on the severity of the case). If specialty care is needed, the beneficiary will be referred to a host nation provider.

## Housing

### Housing Overview

If you are coming to Bahrain with family members, you will be assigned Temporary Lodging for up to 60 days. Depending on the size of your family and whether you have pets or not; you will stay in off-base quarters, usually at a local hotel. You will receive Temporary Lodging Allowance (TLA) which you must apply for every ten days. A complete explanation will be given when you attend the Housing Briefing upon arrival. Transient personnel

(not PCS personnel) coming to Bahrain will usually stay in transient quarters.

All personnel will live on the local economy, except for a very few special-assignment personnel. The Housing Office will assist you in finding a place to live and in executing a lease. Rent is paid in Bahrain Dinars. There is usually a three-month advance payment of rent required, which can be requested as advance Overseas Housing Allowance (OHA).

Electricity tends to be expensive and is billed monthly. Telephones are also expensive. The phone company requires an advance deposit of BD100 (approximately \$265.00) deposit. As phones are mandatory for recall purposes, an advance may be obtained for the phone deposit once housing is secured. Your touchtone telephone can be used here, bring it. Most electrical appliances can be used here with a transformer, but, your washer, dryer, and refrigerator won't run properly here. Store them at home. You can negotiate with your landlord to have these items furnished in your lease. Make sure to discuss with your sponsor what to bring and what to leave home. You have lots of lease options from fully-furnished housing to no-furnishings.

The Housing Welcome Center provides detailed market information, interpreting, contract review services, legal advice in negotiations for rentals in

accordance with U.S. needs and Bahraini law; assistance with utilities and mediation of landlord-tenant disputes.

<b>Name:</b> Housing Welcome Center
<b>Address:</b> PSC 451 Box Housing
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-724-104
<b>DSN Phone:</b> 318-439-4104

## Housing Allowances

LIVING QUARTERS ALLOWANCES (LQA)  
EFFECTIVE June 2002

### GROUP 4 GRADES GS 01-09

SINGLE \$21,300 PER YEAR or BD 669.175  
PER MONTH

SPONSOR + 1 \$23,700 PER YEAR or BD  
744.575 PER MONTH

SPONSOR + 2 to 3 \$26,070 PER YEAR or BD  
819.033 PER MONTH

SPONSOR + 4 to 5 \$28,440 PER YEAR or BD  
893.490 PER MONTH

SPONSOR and 6+ \$30,810 PER YEAR or BD  
967.948 PER MONTH

### GROUP 3 GRADES GS 10-13

SINGLE \$27,800 PER YEAR or BD 873.384  
PER MONTH

SPONSOR + 1 \$34,200 PER YEAR or BD  
1074.450 PER MONTH

SPONSOR + 2 to 3 \$37,620 PER YEAR or BD  
1181.895 PER MONTH

SPONSOR + 4 to 5 \$41,040 PER YEAR or BD  
1289.340 PER MONTH

SPONSOR and 6+ \$44,460 PER YEAR or BD  
1396.785 PER MONTH

### GROUP 2- GRADES GS 14 AND ABOVE

SINGLE \$35,000 PER YEAR or BD  
1099.584 PER MONTH

SPONSOR + 1 \$35,900 PER YEAR or BD  
1127.859 PER MONTH

SPONSOR + 2 to 3 \$39,490 PER YEAR or BD  
1240.645 PER MONTH

SPONSOR + 4 to 5 \$43,080 PER YEAR or BD  
1353.430 PER MONTH

SPONSOR and 6+ \$46,670 PER YEAR or BD  
1466.216 PER MONTH

Overseas Housing Allowances for Bahrain are sufficient to cover the cost of very nice housing for all personnel.

## Housing Allowances

<b>Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site:</b>	
Rates and Allowances Home Page	<a href="http://www.dtic.mil/perdiem/rateinfo.html">http://www.dtic.mil/perdiem/rateinfo.html</a>
Basic Allowance for Housing	<a href="http://www.dtic.mil/perdiem/bah.html">http://www.dtic.mil/perdiem/bah.html</a>
Overseas Housing Allowance	<a href="http://www.dtic.mil/perdiem/allooha.html">http://www.dtic.mil/perdiem/allooha.html</a>

## Government Housing

Government housing is not available onboard NSA Bahrain. Almost everyone lives on the local economy; however, some unaccompanied special assignment personnel may live on base. Check with your sponsor.

<b>Name:</b> Combined Bachelor Housing
<b>Address:</b> Sentinel Hall
<b>City:</b> Manama, Bahrain
<b>Phone:</b> 011-973-724-716

## Community Housing

There is a wide range of housing choices available in Bahrain. You can live in an apartment (flat), housing

complex (compound), or private house (villa). These are available unfurnished, partially or fully-furnished. The Housing Welcome Center will assist you with your house hunting search by providing listings, interpretation and lease contract administration services and advice on location, negotiations, community services, etc. Briefings are given by Housing twice a week. Attend one before you start looking or before you contact an agent. It will save you money!

Prices vary with location, size, and furnishings provided. Your housing allowance will cover your costs. Discuss with your sponsor what your needs are before you ship household goods. You may decide to ship or store more items depending on your discussions with your sponsor.

Mobile home rental and home purchase is not available at this location.

## **Utilities**

**UTILITIES:** Generally negotiated for and some portion is usually included in the lease agreement.

**WATER:** Some properties have an upgraded meter system, in which you are billed according to consumption. Again, this is usually included in the lease.

**ELECTRICITY:** Voltage in Bahrain is 220v, 50hz. All 110v equipment must be used with a transformer. Appliances with timers do not keep correct time. Those with motors run slower, and the change in electrical current wears harder on the motor. Transformers and plug adapters are available in local stores.

Most American appliances work well by using transformers, such as TVs, video players, microwaves, etc.

Electricity is expensive in Bahrain. Your landlord should include some allowance for this utility in your lease. The most important thought to keep in mind is that your electricity consumption is very high during the hotter months and minimal during the cooler months. Therefore, the electricity allowance is written into the lease on a yearly basis. This allows for the excess allowance during the cooler months to be captured and applied to the higher charges you will incur in the summer.

Your 110v lamps will work in Bahrain without a transformer if you purchase local light bulbs. You

will have to purchase adapter plugs (about \$1 each) on the local economy.

**TELEPHONE:** The Bahrain Telephone Company (BATELCO) requires an installation fee of BD 26 (about \$70) and a deposit of BD 100 (\$267) to hook up your phone. Telephones are easily obtainable, and direct dialing facilities are available to most countries. Discounted rates are available at certain times and days (usually from 7pm to 7am and on Fridays). Long distance discount calls can be expensive (to U.S.A. cost is about \$1.39 per minute). Deposit of BD 100 is refundable after disconnection. Your American telephone will work in Bahrain with purchase of a local plug adapter.

**GAS:** Bottled propane for cooking purposes is widely used as there is no piped-in gas lines in Bahrain. Gas bottles and the regulator are usually supplied by the landlord, but they can be borrowed from one of the local gas suppliers for deposit that varies with the size of the bottle. The gas is charged by the bottle, and paid in cash to the delivery man.

**TELEVISION/RADIO:** All television signals in Bahrain are broadcast in the PAL/SECAM system. Your NTSC system television and VCRs will not be able to receive the signals or playback videos rented at the local video rental stores. However, videos rented from the base video store will work on your NTSC system. Local English language television and radio channels are available. Microwave relay cable channels are also available at additional cost, which requires the installation of a microwave receiver (at varying prices) and a yearly charge. Note: Many apartment buildings have this amenity. Some landlords will install the dish needed to accommodate the tenant, but the tenant is responsible for the annual fee. AFRTS (one channel) came to Bahrain in May 1997 and is available to Bahrain cable company subscribers. The television/cable/satellite service you decide upon is part of the lease negotiation process and varies among landlords and tenants.

**WASHER, DRYER, REFRIGERATOR:** Store these in U.S. They won't run properly on local electricity, even with a transformer. These items are in most dwellings and can be provided by your landlord in the lease negotiating process.

## Relocation Services

### Relocation Services Overview

Inbound relocation services includes a 5-day Newcomers' Orientation/INDOC coordinated by the Fleet and Family Support Center (FFSC). This briefing is given two times each month. Sign up at FFSC immediately upon arrival, or have your sponsor sign you up ahead of time. The orientation gives you information you need right away. Security, safety, traffic and customs regulations, money and tax information, and many other important issues are discussed. A one-day island tour is also part of the orientation.

Other inbound services include free Arabic language lessons and cultural awareness classes by the FFSC's Intercultural Specialists. Great information about gold and carpet buying are offered in monthly workshops.

An outbound relocation service is also provided with a "Smooth Move" workshop. The FFSC maintains a library containing Welcome Aboard Packets and videos from military bases located worldwide.

### Relocation Assistance

Please use the NSA Bahrain Fleet and Family Support Center as your relocation information center. We have answers to many questions and can refer you to other sources for more detailed information.

Questions? Call, fax, or e-mail us!

<b>Name:</b> Relocation Assistance Manager
<b>Address:</b> PSC 451 Fleet and Family Support Center
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-4049
<b>E-Mail:</b> stelljese@nsa.bahrain.navy.mil

### In Transit Emergencies

If you have an emergency in transit call your sponsor, the American Embassy in Bahrain Hotline or your previous command for help. You should also get an emergency number from your new command before departing for Bahrain. If nothing else works, call the NSA Bahrain operator at 011-973-724-000 and ask to be connected with your new command. You may also contact the Command Duty Officer (CDO) 011-973-

940-3877 or the Assistant Command Duty Officer (ACDO) 011-973-940-3876.

<b>Name:</b> In-Transit Emergency Hotline
<b>Phone:</b> 011-973-255-048

### Financial Preparedness

Any overseas assignment and particularly coming to Bahrain requires a good knowledge of your pay and entitlements. Financial planning and awareness are critical factors in having a great tour in Bahrain. Take time to think about, discuss, and plan your budget.

#### PAY AND ALLOWANCES

##### COST OF LIVING ALLOWANCE (COLA)

All permanently-assigned personnel are entitled to a Cost of Living Allowance (COLA) due to the higher cost of living in Bahrain. The amount paid depends upon several factors, including individual pay-grade, accompanied or unaccompanied, number of dependents in the AOR, etc. COLA rates change frequently; for more up-to-date information, consult the Disbursing Office.

##### TEMPORARY LIVING ALLOWANCES (TLA)

Unaccompanied personnel (married or single) will usually be assigned to government quarters temporarily while looking for permanent quarters. If a room is not available, a certificate of non-availability (CNA) will be issued and you will be paid TLA to cover the expense of living in a hotel. Current government quarters do not have the facilities to support families. If quarters are not available, a CNA stamp is applied to official orders; then personnel can move-in to a local hotel. TLA is authorized for all personnel that receive the CNA stamp and TLA is normally paid for a maximum of 60 days to allow personnel to negotiate for permanent quarters. There are several factors considered when computing the TLA rates, including member's pay grade, number of dependents on board, whether temporary quarters are equipped with or without kitchen, and ages of dependent children. Sentinel Hall books all hotel rooms for personnel in accordance with force protection guidelines.

##### FAMILY SEPARATION ALLOWANCE (FSA FOREIGN, TYPE I)

FSA Foreign, Type I: An allowance equivalent to one month's single BAQ rate of the member's pay grade. All unaccompanied (married or geographical bachelor) personnel will receive this allowance to cover the cost of renting an apartment (flat) or house (villa).

#### OVERSEAS HOUSING ALLOWANCE (OHA)

The OHA system provides an allowance to uniformed personnel assigned to overseas locations which defrays a significant amount of housing costs. All active duty military personnel permanently assigned to local area are authorized to live in privately leased/owned quarters and are entitled to OHA. The monthly OHA for members is based on comparing cost of rent, up to a rental ceiling at Permanent Duty Station (PDS), plus the average utility/recurring maintenance allowance with the member's BAQ or family separation allowance (FSA-Type I), whichever the member is entitled to at the overseas PDS. The maximum OHA is a combination of BAQ (with dependent or single) plus OHA allowance. It is also based on the member's pay grade. OHA IS SUBJECT TO CHANGE. Your OHA here is usually enough to cover your total housing cost.

#### LOCAL FINANCES

Bahrain is a cash economy and checks are generally not accepted as a means of payment. Major credit cards are welcomed in many places. But, when using credit cards, merchants are not as likely to give discounts. Be prepared to have the merchant's credit card usage fee (an additional 2-7%) passed directly onto you. Be prepared to keep cash on hand. Rent is paid in cash or by a locally issued check from NSA Supply Dinar Exchange Office.

#### BASIC ALLOWANCE FOR QUARTERS (BAQ) AND VARIABLE HOUSING ALLOWANCE (VHA)

Unaccompanied married personnel (who are not married to another service member) are entitled to receive BAQ with dependents rate monthly while assigned to an unaccompanied tour in Bahrain, while their dependent(s) resides in CONUS or other location. They are also entitled to VHA (restricted). VHA rate depends on the location of member's dependents in CONUS or other location where VHA is authorized. Annual BAQ/VHA certification is required and can be done by submitting a copy of your current rental/lease agreement or mortgage payment book to your Personnel/Admin office.

#### FOREIGN DUTY PAY/HARDSHIP DUTY PAY

All enlisted personnel are entitled to receive Foreign Duty Pay. The rates are as follows: E-1&E-2 = \$8.00; E-3 = \$9.00; E-4 = \$13.00; E-5 = \$16.00; E-6 = \$20.00; E-7/8/9 = \$22.50

Hardship Duty Pay will no longer exist effective January 2002, since Bahrain was not designated as a hardship duty area.

There is a small branch office of NFCU, but services are limited. It is a non-cash branch, but you can conduct account transfers, check your account balance and withdraw money from your share savings via a cashier's check that can be cashed at Disbursing or at the Dinar Exchange. Deposits can be made via check or money order. Loans (except mortgage and home equity line) can also be processed. If formerly not in NFCU's field of membership, assignment in Bahrain qualifies you to join.

The NSA Supply Dinar Money Exchange provides money exchange services, traveler's checks, rent checks, credit card cash advances, Bahrain driver's licenses and other essential services. Rates are the best on the island for US \$ and Bahraini BD (Bahrain Dinar) exchanges. Buy \$1 at .376 fils (\$2.66 at BD 1). Sell \$1 at .377 fils (\$2.65 at BD 1).

The NSA Disbursing Office provides check cashing services up to your last DDS deposit.

<b>Name:</b> Disbursing and Check Cashing
<b>Phone:</b> 011-973-724-300
<b>DSN Phone:</b> 318-439-4300

<b>Name:</b> Navy Federal Credit Union
<b>Phone:</b> 011-973-724-413
<b>DSN Phone:</b> 318-439-4413
<b>WWW Link:</b> <a href="http://www.navyfcu.org">http://www.navyfcu.org</a>

#### Exceptional Family Member Program (EFMP)

EFMP Program Coordinator is located at the Medical Department.

<b>Name:</b> EFMP
<b>Phone:</b> 011-973-724-260 DSN: 318-439-4260
<b>Comments:</b> Direct DSN line is 318-439-4859.

## Household Goods In-Bound Shipments

If you have shipped your personal belongings, immediately upon arrival, set up an appointment with Personal Property.

<b>Name:</b> Personal Property Division
<b>Address:</b> PSC 451, Personal Property Office (PPO)
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-724-265
<b>FAX:</b> 011-973-724-002
<b>DSN Phone:</b> 318-439-4265
<b>DSN FAX:</b> 318-439-4002
<b>E-Mail:</b> nazerk@nsa.bahrain.navy.mil
<b>Comments:</b> Detailed questions regarding household goods and POV shipments (window tinting, catalytic converters, etc.) should be directed to PPO.

## Household Goods Out-Bound Shipments

Outbound shipments are handled by the Personal Property Director.

<b>Name:</b> Personal Property Division
<b>Address:</b> PSC 451, Personal Property Office (PPO)
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-724-265
<b>FAX:</b> 011-973-724-002
<b>DSN Phone:</b> 318-439-4265
<b>DSN FAX:</b> 318-439-4002
<b>Comments:</b> Traffic Manager and PPO Officer are the same person, same hours.

## Household Goods Claims

Household Goods Claims are processed by the Navy Legal Service Branch at NSA Bahrain.

## Household Goods Weight Allowances

When packing household goods for shipment to Bahrain, remember it gets very hot here in the summer and often goods are stored in non-airconditioned warehouses. Your collection of old records might warp. Plastic wrapping on expensive clothes may stick to the clothes. Plan and pack carefully.

It also rains and gets cold here, too, so bring cool weather clothes.

Although villas (houses) and apartments are large, you might want to consider storing belongings that you won't use here. For example, garden tools, woodworking/shop tools, and snow sleds. Unless you're willing to give up a room in your house for storage, you'll probably be using an unair-conditioned maid's quarters (one or two rooms) for your storage area.

### Household Goods Weight Allowances

<i>Grade</i>	<i>Allowance w/Dependents</i>	<i>Allowance wo/Dependents</i>
E1	5,000	1,500
E2	5,000	1,500
E3	5,000	2,000
E4	7,000	3,500
E5	9,000	7,000
E6	11,000	8,000
E7	12,500	10,500
E8	12,500	11,500
E9	14,500	12,000
W-1	12,000	10,000
W-2	13,500	12,500
W-3	14,500	13,000
W-4	17,000	14,000
O-1	12,000	10,000
O-2	13,500	12,500
O-3	14,500	13,000
O-4	17,000	14,000
O-5	17,500	16,000
O-6+	18,000	18,000

### POV In-Bound Shipments

For more information on this subject:

Unleaded Gasoline

<http://www.unleadedbahrain.com/english/index.htm>

**SHIPPING YOUR POV.** Lots of regulations, this gets a little confusing, please read this section carefully. Be sure to discuss your vehicle with your sponsor before you ship it. Vehicles that are damaged (dented) or that are exposing a lot of rust will not pass inspection. Contact Personal Property Office with questions, have specific details readily available.

**PRIVATELY OWNED VEHICLES (POVs):** Authorized DoD personnel may import, free of duty at government expense, no more than one privately owned vehicle for the personal use of the member. However, you may import a second or third vehicle, but member is liable to pay the 20 percent import tax and local port handling. The legwork to complete the customs processing is the member's responsibility. The local Ministry of the Interior defines a motor vehicle as either an automobile or motorcycle with engine power exceeding 1.5 HP and engine size exceeding 50cc. Personnel must be 18 years old and possess a valid permit to operate automobiles and motorcycles. Your POV will be inspected by local the Traffic Directorate for compliance of local laws and thus requires registration according to Bahraini traffic laws.

**LOCAL REGISTRATION/INSURANCE.** Insurance and traffic registration expiration dates must coincide with one another, i.e., last day of the month. Insurance and registration must be renewed annually; failure to comply will preclude operation of vehicle and may subject the owner to a penalty in accordance with Bahraini law.

Automobile insurance in Bahrain is reasonable. Cost depends on make, model, year of vehicle and total value (what is it worth at present) you declare on the vehicle. Insurance is compulsory, with a local company only, and your POV cannot be released, registered and used without proof of insurance. Once insurance is issued on a vehicle, coverage includes anyone who drives the vehicle. It is not necessary to have each individual driver insured. There are two types of insurance available:

1. Third Party, without collision.
2. Comprehensive, full coverage.

### CATALYTIC CONVERTER. DO NOT REMOVE YOUR VEHICLE'S CATALYTIC CONVERTER!

According to Defense Energy Support Center-Middle East (DESC-ME), personnel shipping their U.S.-specification vehicles to Bahrain can now leave their catalytic converters installed. No alterations or removal of the catalytic converter are necessary! DESC-ME confirmed with the local Bahraini government that there are two types of unleaded fuel available - Mumtaz and Jayyid; however, the only acceptable gasoline available for U.S.-specification vehicles is Mumtaz. The other fuel, Jayyid, contains

phosphorous, which can damage the catalytic converter.

Both types of gasoline are available at service stations. Once you start driving your vehicle here, you MUST remember to ask for "Mumtaz" gasoline.

**TINTED WINDOWS.** Local motor law strictly prohibits any type of tinted windows on the SIDES and REAR of the vehicle, including factory installed or after market films. Standard factory installed TOP FRONT windshield tinted sunscreen IS permitted. Tinted strips on the windscreen are not authorized. You will have to replace your windows if local authorities consider it has tinted strips. Other optional tinted strips on sunscreen may be waived by authority if you state and sign that the subject vehicle will not be sold locally and that it will be exported upon completion of your tenure.

**RIGHT-HANDED STEERING WHEEL.** A vehicle with right-handed steering wheel is not permitted.

**PAINT/SCRATCHES/DENTS.** A vehicle with faded paint, dents, widely visible scratches, or any other damage will not pass inspection.

**TIRES.** All tires must be in good condition. Tires extending partially beyond the fender are prohibited.

**LIGHTS.** All installed lights must be operational. The tail light or a separate light lamp must illuminate the rear license plate. Backup lights must function when the transmission is engaged in reverse gear. Vehicles must also be equipped with directional signals.

**WINDSHIELD WIPERS.** Must be operational.

**BRAKES.** A vehicle must have two separate means of applying brakes. The failure of one braking system will fail registration.

**COLOR.** There are no restrictions as to color; however, no weird painting or art on a vehicle is permitted.

#### **MOTORCYCLES/MOPEDS.**

Personnel may operate a motorcycle in Bahrain under the following conditions:

1. In all cases, you must have completed a AAA motorcycle safety course IAW OPNAVINST 5100.12F. You CAN NOT ride a motorcycle on or off base without proof of course completion, either a certificate card or a page 13 entry. This course is given in Bahrain, but dates of availability are very limited. It is highly recommended that military

personnel and DOD civilians who want to ride or buy a motorcycle while in Bahrain attend a US Navy motorcycle safety course before PCSing to Bahrain.

2. Licensing requirements: You must have a valid International License without motorcycle restriction. This license must be validated by the Immigration/Investigation Liaison Office, which is located on base, for a fee OR you must have a valid stateside motorcycle license, which may be transferred to a Bahrain Motorcycle License, for a fee. Expect this fee to be approximately BD22.500 or \$60.00.

Motorcycles and mopeds require registration according to Bahraini traffic law.

Motorcycles are shipped to and from Bahrain as pack-out items and must be completely drained of all fluids/liquids.

**OTHER.** Vehicles must meet operational and safety standards. Faulty exhaust system, missing fenders, broken windows, missing side view mirrors, and improper wheel alignment will not be accepted.

**PROHIBITED VEHICLES.** Willy's Jeeps are prohibited from importation into Bahrain, all other Jeeps are allowed.

**TAKES AWHILE TO GET YOUR POV SHIPPED.** It is most important to understand that it will take a minimum of 90 days from the time you drop your vehicle off at the processing point applicable to your location, until it arrives at the port in Bahrain. Contact the Personal Property Office at your present duty station for details and assistance. The earlier you ship your car, the sooner it will be available to you here. Once it arrives at the port in Bahrain, it will take up to 6 days to clear customs. It is necessary that you provide the Personal Property Office with a copy of your PCS orders and a copy of the Private Vehicle Shipping Document (DD 788) as soon as you arrive on station. Car rental in Bahrain starts at about \$300 per month. Taxis are also available. You can buy a used car here, but as is true everywhere, buyer beware.

**WARNING: DO NOT SHIP EXTENSIVELY MODIFIED OR DAMAGED VEHICLES - THEY WILL NOT PASS INSPECTION.**



<b>Name:</b> Person Property Division
<b>Address:</b> PSC 451, Personal Property Office (PPO)
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-724-265 (from stateside)
<b>FAX:</b> 011-973-724-002 (from stateside)
<b>DSN Phone:</b> 318-439-4265
<b>DSN FAX:</b> 318-439-4002
<b>E-Mail:</b> nazerk@nsa.bahrain.navy.mil

## POV Out-Bound Shipments

The Personal Property Officer will also handle your outbound POV shipment. You are entitled to ship one privately owned vehicle (POV) at government expense.

Even if you have not imported a vehicle, you are still allowed to ship one. FPOV (Foreign Privately Owned Vehicles) may be shipped, if the vehicle conforms to US EPA standards. However, the vehicle must be in your possession for up to one year from the date of purchase. You may make shipping arrangements for your vehicle 20 days prior to shipment. Ensure that your vehicle is clean, has gas, local registration, and insurance during the turn in. All prior traffic offenses must be settled in order to obtain an export certificate from the Traffic Directorate. Ensure that you have received your original copy of Form DD 788 after your inspection. This is the shipping document needed for picking up your vehicle at destination. The Federal government will insure your vehicle for up to \$20,000 from date of turn in to date of pickup. If any damage occurs to the vehicle during this period, you have the right to file a claim for up to two years.

## POV Claims

All POV claims are handled by local Navy Legal Services or by your local service branch representative. You have an absolute maximum of 70 days after receipt to file a claim.

## Pet Boarding/Kennels

PET BOARDING. Boarding services are readily available at competitive costs on the economy. The NSA Veterinary Clinic has a referral list.

## Pet Quarantines

### PET IMPORT REQUIREMENTS

Bahrain is a rabies free country and has import and quarantine requirements to maintain this status.

Rabies vaccination must be at least 30-days old, but no more than one year. Due to this requirement puppies and kittens less than 4 months of age cannot be imported into Bahrain. Canine and Feline Distemper, and Feline Leukemia vaccines are recommended but not required.

Bahrain has a mandatory one-month quarantine for all pets entering the country. Through a special arrangement with the Bahrain Ministry of Agriculture, US military and embassy personnel may accomplish this quarantine at home, but the NSA Veterinary Clinic must examine the animal upon entry into the country and at the end of the home quarantine period. An Import Certificate is required to make your pet eligible for the 30-day home quarantine. Have your sponsor inform NSA Veterinary Clinic and Personal Services Officer that you are bringing a pet!

The NSA Veterinary Clinic will process Import Certificates to assist sponsors of incoming personnel with pets. All pets require an Import Certificate, whether traveling on military or commercial flights. You MUST send your sponsor the following (4) items: 1) copy of PCS orders, 2) pet's history of vaccinations, 3) Rabies certificate showing proof of immunization more than 30 days but less than 12 months old before expected arrival date, 4) health certificate current at the time of application (Note: an additional health certificate must be obtained 10 days before arriving). These items will allow the NSA Veterinary personnel to obtain the Import Certificate prior to your arrival. Cost of the Import Certificate is \$10.00 plus two Bahrain Dinar (approximately \$5.00). The Import Certificate will be given to the sponsor, and it is their responsibility to fax it to the pet owner. The original must be hand carried to the airport, and be present when the pet arrives; contact your sponsor for assistance.

NSA Veterinary Clinic should be contacted at least 30 days prior to the pets expected arrival date to allow for processing before leaving your current location.

## Veterinary Services

### Veterinary Services

Veterinary services at NSA Bahrain are provided by the US Army ARCENT Veterinary Services. The main functions of this unit include food safety, veterinary care for military working dogs, and regulatory veterinary medicine. Limited non-emergency care for privately owned pets is provided on a time-available basis. General practice

veterinarians who offer emergency services are available in the civilian community.

**VETERINARY TREATMENT FACILITY.** The NSA veterinary facility provides low-cost vaccination and sick-call appointments for pets on a time-available basis. It carries preventive medicines such as heartworm and tick control products. Hills Science Diet is also available at competitive prices.

**LOCAL VETERINARIANS.** Veterinary medical care and boarding services are readily available on the economy. These veterinarians provide general medical and surgical care, emergency services, grooming, and boarding, similar to that of a small sized US city. Advanced veterinary specialists, and care are not available in Bahrain.

<b>Name:</b> ARCENT Veterinary Services
<b>Address:</b> PSC 451, Box Vet Svcs
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-724-295
<b>FAX:</b> 011-973-724-934
<b>DSN Phone:</b> 318-439-4295
<b>DSN FAX:</b> 318-439-4934

## Pet Transportation

**PETS WELCOME.** Pets are welcome in Bahrain, but it is a long flight. If flying on AMC, the crew may allow you to walk your pet at stops along the way; ask AMC for more information. If flying commercial, ensure you make contact with the airline well in advance to discuss details. Bahrain has limitations on entrance of pets and quarantine requirements; see PET IMPORT REQUIREMENTS. You must make reservations for pet travel. There is no guarantee that your pet will travel with you. BE SURE to tell your sponsor exactly when you are flying and that you are bringing a pet. You must provide your sponsor with certain documents well in advance to ensure your pet entry into Bahrain (see PET IMPORT REQUIREMENTS)!

**PETS AND PLANES.** You will pay out of your own funds to fly your pet here, even on AMC (costs can vary). Commercial airlines can have different rules, check with your carrier for specifics well in advance. Some airlines may NOT ship pets during certain times of the year, during temperature extremes and have limitations on carrier size and weight.

## PCS Reporting Procedures

### INPROCESSING

When you arrive at Bahrain International Airport, you will be met by your sponsor or a representative from your department or command. All personnel must check-in at Sentinel Hall so an accurate date and time of arrival can be stamped on orders and housing non-availability stamped on orders so that Temporary Lodging Allowance (TLA) can begin.

If you arrive on an AMC flight, at the AVUnit, your orders will be stamped for housing non-availability and then you will be taken by bus to your local hotel, where you will be met by your sponsor. Most flights arrive in the evening and the check-in process of turning in pay and personnel records take place the day following your arrival.

Unaccompanied members and accompanied members will usually be placed in hotels in town.

Arriving military personnel and family members will report to the Personnel Support Office. Civilian employees and family members will report to the Human Resources Office. The same offices handle outprocessing also.

<b>Name:</b> Inprocessing-Civilian Employees
<b>Address:</b> Human Resources Office (HRO)
<b>Phone:</b> 011-973-724-419
<b>DSN Phone:</b> 318-439-4419

<b>Name:</b> Inprocessing-Military
<b>Address:</b> Personnel Support Office
<b>Phone:</b> 011-973-724-376
<b>FAX:</b> 011-973-724-071
<b>DSN Phone:</b> 318-439-4376
<b>DSN FAX:</b> 318-439-4071
<b>E-Mail:</b> PSO_ANSWER_DESK@NSA.BAHRAIN.NAVY. MIL

## Separation Procedures

At present, very few military personnel are being separated in Bahrain. But, if you are separating or retiring soon, contact the FFSC's Transition Office. Attend TAP class here and be ready!!

## Billeting

Upon arrival, you will need to report to Sentinel Hall/Billeting Office. If you have advised your sponsor in advance that you are bringing a pet, you will stay at one of only three hotels that allow pets.

There is no extra cost for pets. Sentinel Hall is located on base.

<b>Name:</b> Billeting Office
<b>Address:</b> Sentinel Hall
<b>Phone:</b> 011-973-724-716

## Support Services

### Support Services Overview

The Fleet and Family Support Center can help you with many facets of your life while you are in Bahrain. We have a trained staff that includes a Director, Clinical Services Director, Family Advocacy Representative, Sexual Assault Victim Awareness Intervention counselor, Financial Advocacy Program Assistant, and support staff who can help with marital problems, stress, anger, and other issues. We have a Transition Assistance Program Manager who can help you successfully transition from the military into the civilian work force and help your spouse get a job in Bahrain or do volunteer work. We have a Relocation Assistance Program Manager who can help make your move a smooth one - be it moving to or from Bahrain. We have two Intercultural Relations Specialists who can introduce you to the wonders of Bahrain and the Arab Culture and language. If you have a question or concern and don't know where to go for help, call us and we can help you get in touch with the right people.

<b>Name:</b> Fleet and Family Support Center
<b>Address:</b> PSC 451, Fleet and Family Support Center
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-4049
<b>E-Mail:</b> stelljese@nsa.bahrain.navy.mil

### Family Centers

Our Fleet and Family Support Center (FFSC) offers a full range of individual, family, and community services including:

INDIVIDUAL, FAMILY AND GROUP COUNSELING for active duty military personnel and their family members, Family Advocacy Program, and SAVI. Courses on stress management, parenting, and other topics are provide in group

settings or by individual appointments. The FFSC also conducts Sponsor and Ombudsman training.

FAMILY READINESS AND FINANCIAL PLANNING, budget, investment, and debt counseling. Wide range of financial GMTs to commands upon request. Coordinates the base's Command Financial Specialist program.

SPOUSE EMPLOYMENT AND TRANSITION ASSISTANCE offering knowledge of local employment opportunities, veteran's benefits, resumes, and job search process. Offers computerized list of available jobs in U.S.A. (America's Job Bank, information on federal jobs and applications (SF171 Computer Program). Employment reference library contains many resource materials. Local employment assistance is given to secure positions on the local economy.

RELOCATION ASSISTANCE AND INTERCULTURAL RELATIONS, offering training for individuals and families. Offers a 3-day Newcomers' Orientation and intercultural relations classes. Offers a computer based system for information on other military installations (SITES) and "Smooth Move" and sponsor training workshops, worldwide Welcome Aboard Packages and base video library checkout services.

### Information and Referral

Make the Fleet and Family Support Center your first stop for referral and information on any topic. We provide individual assessment and referral to appropriate base or community service providers.

### ACCOMPANIED TOURS

Family members are authorized to travel with their military/DOD sponsor. From time to time temporary restrictions on travel for family members may exist based on the Force Protection Condition. Stay in touch with your Detailer and Sponsor to keep abreast of the latest information.

### Financial Assistance Programs

The Financial Counselor at the Fleet and Family Support Center conducts individual, family, and group financial counseling.

### Emergency Assistance

The American Red Cross Station handles emergency Red Cross messages. If it is a money problem, Navy Marine Corps Relief Society is the place to go.

Protection concerns and issues are handled by Base Security. For other emergencies, contact the American Embassy 24-hour Hotline.

<b>Name:</b> American Embassy Hotline
<b>Phone:</b> 011-973-275-126

<b>Name:</b> American Red Cross
<b>Phone:</b> 011-973-74-3750
<b>DSN Phone:</b> 318-439-3750

<b>Name:</b> Base Security
<b>Phone:</b> 011-973-724-466
<b>DSN Phone:</b> 318-439-4466

<b>Name:</b> Chaplain's Office
<b>Phone:</b> 011-973-724-235
<b>FAX:</b> 011-973-724-358
<b>DSN Phone:</b> 318-439-4235
<b>DSN FAX:</b> 318-439-4358

<b>Name:</b> Navy Marine Corps Relief
<b>Phone:</b> 011-973-72-4929 or -3714 or -4515
<b>DSN Phone:</b> 318-439-4929

## Family Advocacy

The Family Advocacy Representative (FAR) works at the Fleet and Family Support Center, where counseling services are available.

<b>Name:</b> Family Advocacy Representative
<b>Address:</b> PSC 451, Fleet and Family Support Center
<b>City:</b> FPO AE 09834
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-4049

## Single Member Services

All Fleet and Family Support services available to families and family members are also available to our single military members and single parents.

MWR's Single Military program supports the single sailor/airman/marine as well as single parents in the area. The program supports the U.S. Navy's deglamorization of alcohol "Right Spirit" program by promoting responsible use of alcoholic beverages, and subsidizing designated driver incentives, such as free sodas, water and a meal at all the special events held at the all ranks facility "The Desert Dome".

Both non-alcoholic and alcoholic specialty drinks are promoted at the clubs, and single military members from the ships attend the same parties and events that families from the base attend.

MWR promotes and provides responsible alternative non-alcoholic programs for leisure time directed specifically at the single military Liberty Center, with events and outings both on and off the base like Rally Town go-cart races, "Dinner and a Movie" nights, Progressive Dinners, Cigar Dinners, horseback riding, beach and water sports activities and golf tournaments.

Discounted tours, in groups or self directed, are also available. These tours are also offered to ships personnel on liberty when visiting Bahrain. Tours include: "Flavors of Bahrain" cultural tour, "Hidden Treasure" pearl snorkel diving, archeology and ancient crafts tour to dig sites, deep sea fishing, dhow boat rides, 15K mountain bike outings, and souq shopping trips.

MWR recruits volunteers and hires single enlisted personnel to work at MWR special events held throughout the year, and instruct various dance, aerobic, and exercise classes.

In addition, opportunities are provided for single military members to foster good community relations by participating in off base activities, such as runs, clubs, sports tournaments, and festivals.

During American holidays MWR provides free internet access for sending Thanksgiving and Christmas messages home.

## Support Groups

The Force Fleet Chaplain's Office supports AA sessions twice a week and provides a referral service.

The Fleet and Family Support Center offers a wide range of support group services for active duty personnel and family members of all ages. Counseling, workshops and support groups are offered for stress and anger management, single parent families, blended families, new parents support group, marriage communications and relocation stressors in children.

<b>Name:</b> AA
<b>Address:</b> Force Fleet Chaplain's Office
<b>Phone:</b> 011-973-743-109
<b>DSN Phone:</b> 318-439-3109

<b>Name:</b> FFSC Support Groups
<b>Phone:</b> 011-973-724-046
<b>DSN Phone:</b> 318-439-4046
<b>Comments:</b> Effective Parenting, Stress Management, Overeaters Anonymous, Strengthening Stepfamilies, Child and Teen Groups.

## Morale, Welfare, and Recreation

Our MWR department is the best on land, at sea, and in the air. We provide a variety of support services and activities. We offer recreation, food, entertainment, activities, athletics, child and teen programs, trips and tours in and around Bahrain, as well as concessionaire services. A quick overview:

Gymnasium with a Gear Issue Office, Aerobics Room, Cardio Center and Weight Room open 0500 to 2400 daily. We provide the latest in free weights, treadmills, stairmasters, rowing machine, and life circuit machines. Racquetball, volleyball, martial arts, step aerobics, yoga, tennis, and intramural sports are also offered.

Bowling Center. Open 1000 to 2300 each day. Four lanes, snack bar, extreme bowling, and lane cushions for youth bowling.

Recreation Center. Open 0800-2300 features a video arcade, billiard table, video jukebox, televisions, snacks, souvenirs, MWR memorabilia, a Kanoo Holiday travel office, National Photo services, Java Coast Coffee Cart, and swim supplies.

Library. Open Sunday to Thursday 0800 to 2000, Friday 0900-1300 and Saturday from 0900-1700. The library contains a comprehensive reference and children's book area, paperback exchange and best sellers. Six patron computers with Internet connectivity and extensive software packages, a fax machine, color printer and scanner, copier, and typewriters are available for your use. Special programs are offered throughout the year.

Desert Dome. A five-concept food court, featuring A&W All American Food, Hot Stuff Pizza, Naps BBQ, Cinnamon Street Bakery, and Asian Creations. Lounge areas with a professional sound, light & video system and open air patio area with a bar and stage for live entertainment are available.

Dunes Officers Club in the Oasis building, a smart-looking club with a deck for outdoor BBQs. May be reserved for private functions.

Oasis Restaurant. Attractive all-hands club serving three meals per day cafeteria style, 24 hour grill, plus a daily lunch all-you-can-eat buffet special. May be used for private functions.

Smash Hit Subs. NSA Bahrain's first "name-brand" food operation open 24 hours features fresh baked bread and cookies, hot and cold subs, and frozen yogurt.

Manama Mama's. This mobile kitchen is located outside Sentinel Hall serving breakfast, lunch, and dinner.

Crossroads Shwarma. Tasty chicken shwarmas available.

The Doghouse. This hot dog shop is located in the Bowling Center and features hot dogs topped with the works.

The Liberty Center is a smoke-free, alcohol-free facility especially for single military and unaccompanied personnel. Open from 0800-2300 daily, it offers a relaxing atmosphere where you can watch a movie, play computer games, compete in fun tournaments or sign up for super outings and trips at discount prices. It is centrally located near the Training Center, Recreation Center and sand volleyball courts..

Two Swimming Pools. Open hours depend on the season. (Yes, we have seasons.) Both pools cooled during summer months and heated during winter months. Lap swimming times available for Inshallah Pool. Kiddie pool adjacent to the Al Shamal Family Pool. The swimming pools are free.

Paradise Theater. The latest and first run movies are featured Sunday through Wednesday 1730 and 1930. Thursday through Saturday 1530, 1730 and 1930. A snack bar with refreshing drinks, candy and popcorn is available. ALL MOVIES ARE FREE with a surround sound system.

Laundromat. Open 24 hours daily with coin-operated washers and dryers and a detergent vending machine.

Tailor Shop. Provides ready made and tailor made clothing, embroidery, mending, and other services.

Hair Cutting Salon. Hair cutting and styling services for both men and women. Pedicure and manicure available.

Shoe Shop. Shoe repair, shine, and shoe resale program along with lots of accessories.

Laundry/Dry Cleaners. Dry cleaning laundry service for civilian and military clothing.

Kanoo Holidays Travel Services. For all your leisure travel needs. Hotels, cars, and airline reservations. Organizes subsidized trips - last year went to India, Thailand, Nepal, and Jordan. The best price is guaranteed.

<b>Name:</b> CDC/Youth Activities Director
<b>Phone:</b> 011-973-724-688
<b>DSN Phone:</b> 318-439-4688

<b>Name:</b> Financial Officer
<b>Phone:</b> 011-973-743-036
<b>DSN Phone:</b> 318-439-3036

<b>Name:</b> Food & Beverage Manager
<b>Phone:</b> 011-973-724-203
<b>DSN Phone:</b> 318-439-4203

<b>Name:</b> MWR Director
<b>Address:</b> PSC 451 MWR
<b>City:</b> 09834-2800
<b>Phone:</b> 011-973-724-422
<b>DSN Phone:</b> 318-439-4422

<b>Name:</b> Programs Manager
<b>Phone:</b> 011-973-724-231
<b>DSN Phone:</b> 318-439-4231

<b>Name:</b> Publicity/Marketing Manager
<b>Phone:</b> 011-973-724-4299
<b>DSN Phone:</b> 318-439-4299

<b>Name:</b> Recreation Director
<b>Phone:</b> 011-973-724-802
<b>DSN Phone:</b> 318-439-4802

## Chapel Services and Programs

Divine worship services are readily available in Bahrain. Catholic Mass, Traditional Protestant, and Gospel services are held on base. The Chaplain's Office can provide contact phone numbers for other faith groups.

In keeping with local customs and work week, Friday is our weekly day of worship. Services are held on base in the new Training Center/Chapel. Catholic

Mass is held at 9:30 a.m. Traditional protestant services is at 11 a.m., and Gospel service is at 1 p.m. Daily Mass is at noon, Sunday to Thursday.

The Chaplain Corps Vision Statement. Our vision is to enrich morally and spiritually the relationships of all men and women of the Sea Services to God and to help one another by:

- energizing people with hope,
- mobilizing the institution with moral leadership,
- strengthening people through pastoral care, and
- building community.

<b>Name:</b> Command Religious Program
<b>Address:</b> PSC 451 Box Chaplain
<b>City:</b> 09834
<b>Phone:</b> 011-973-724-235
<b>FAX:</b> 011-973-724-358
<b>DSN Phone:</b> 318-439-4235
<b>DSN FAX:</b> 318-439-4358
<b>E-Mail:</b> jeffbroom@nsa.bahrain.navy.mil

## Drug and Alcohol

The DAPA Program Coordinator, Command DAPA, CAAC and DAPA screenings, and the Command Psychologist are coordinated by the Medical Department. Limited AA meetings available; contact DAPA for sites, availability, and frequency.

<b>Name:</b> DAPA
<b>Phone:</b> 011-973-724-260 DSN: 318-439-4260

## Legal Assistance

Legal advice and assistance is provided to military personnel and their families by the Navy Legal Services Branch. Notaries, Powers of Attorney, wills, and other legal documents are available. The American Embassy also offers legal services such as passport and visa inquires, citizenship applications, overseas birth certificates, application for federal benefits, IRS, and selective service registration services.

NSA Trial Service Office prosecutes individuals charged with violating the Uniform Code of Military Justice. This includes all military personnel as well as selected civilians. The TSO prosecutes crimes at the General and Special Court-Martial level. Additionally, the TSO provides local commands with legal advice.

<b>Name:</b> American Embassy
<b>Phone:</b> 011-973-273-300

<b>Name:</b> Navy Legal Services Branch
<b>Phone:</b> 011-973-724-172 DSN: 318-439-4172

## Child And Teen Services

### Child and Teen Services Overview

The Child Development Center is an accredited program by the National Association for the Education of Young Children (NAEYC). It offers full day care to eligible patrons based on priority. Part-time and drop-in care services are on a space-available basis. Breakfast, lunch, and an afternoon snack are served.

Placement Categories:

- I. Single/Dual Military
- II. All active duty personnel with working spouses assigned to NSA, NAVCENT, or tenant commands.
- III. DoD civilian personnel
- IV. Retired military personnel, active duty reservists, and Department of State.

Program Capacities:

Infants: 8

Pretoddlers: 10

Toddlers: 12

Preschoolers - age 3: 13

Preschoolers - age 4: 14

School-Age Care: 14

**Philosophy:** The Child Development Program offers a developmental program for children. Inherent in its philosophy is the fact that children have a right to a nurturing, safe environment where they can feel comfortable and secure, and therefore, free to learn and explore at their own rates. The teaching of formal academics is not included in the program, though children are introduced to letters and numbers through activities offered within the environment.

School-Age Care is designed for children in grades K-5, and is recreational in nature. Opportunities are provided each day for the children to complete their homework assignments, as well as to just enjoy social activities with their friends.

Camp programs are available during winter break, spring break, and during summer break from school. MWR, in cooperation with the University of Northern Iowa, is proud to present "Camp Adventure" each year. It is a summer camp program

staffed with interns who visit for the summer and provide a wide array of activities to keep the children busy.

Cost for all Child Development Services is based on total family income, in accordance with the DoD fee policy.

<b>Name:</b> Child & Youth Services
<b>Address:</b> PSC 451 MWR
<b>City:</b> FPO AE 09834-2800
<b>Phone:</b> 011-973-724-688
<b>DSN Phone:</b> 318-439-4688
<b>Comments:</b> CDC is open Sunday through Thursday. The Youth Center is open Saturday thru Thursday.

### New Parent Program

The Fleet and Family Support Center offers classes on parenting skills for new parents.

<b>Name:</b> FFSC Social Worker
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-4049

### Child Care Programs - on Installation

The MWR Child Development Center provides on-base continuous and drop-in child care and pre-school programming for infants 6 weeks through children 5 years of age. The emphasis is on learning social skills, safe playing and taking care of basic needs. Breakfast, lunch, and a snack are provided daily on site from Sunday to Thursday.

### Child Care Programs - Community

Child Development Programs do exist in the local community. Parents are urged to visit the schools and spend some time interacting with teachers and administrators, as use of corporal punishment is endorsed. MWR Child Development Programs do not endorse programs with this philosophy in their school settings.

### Things To Do - Clubs and Social

There are many things to do on our small island. For a list of clubs to join, stop by the CYS Office. The list includes aerobics, art clubs, bowling leagues, darts, fitness clubs, golfing, photography, running clubs, Scrabble leagues, garden clubs, sports

associations, swimming and water sports, marinas and women's groups.

## Things To Do - Recreation and Sports

Sporting activities are offered to youth and teens, such as: a basketball league, volleyball, Tae Kwon Do, deep sea fishing, ballet and Fine Art classes. The monthly teen calendar features such activities as: doubles pool tourney, cultural and recreational trips, lock-ins, dances, and family events. In addition, on the base we have two swimming pools, two lighted tennis courts, a gym, a bowling alley, and a movie theater. Off base activities include go-carts, horses and camels (you can ride them), swimming, amusement parks, and a zoo.

## Schools

There is an outstanding Department of Defense School (DODDS) for grades Kindergarten to 12 located near the base. The international mix of students and teachers is a wonderful experience. For more scoop, check out EDUCATION-DODDS Section of this SITES book. You'll go to school Saturday to Wednesday. Other schools are available on the economy, but they are not free.

## School Age Care

There is a "Before & After School" program run by MWR for children that also operates during all Bahrain School holidays and throughout the summer. CYS is closed during all American government holidays.

## Religious Programs

We have many different worship services. These are listed under SUPPORT SERVICES-CHAPEL SERVICES.

## Special Events

We do many special events for teens and children such as the annual Christmas in July Program. On major holidays, we have special events planned for families, children, and teens.

## Sponsorship and Support

Please consult with your sponsor regarding age-specific services for your children and teenagers.

## Youth Employment

There is a Summer Youth Employment program here on base and MWR hires teens to help with their programs. The Fleet and Family Support Center

presents a Youth Employment Seminar to help teens fill out applications, write a good resume, and be able to describe their skills in an interview.

## Youth Centers

The Youth Center has varied hours of operation, based on the DoDDS schedule. An open recreation program is available for youth ages 10 to 18.

Youth activities, which includes programs for youth in grades K-5, as well as separate events for older students, provides many social, recreational and cultural trips in the local area. Trips are offered to museums, amusement parks, movie theaters, etc. On base, family events include Candyland, Easter Egg Hunts, Bingo nights, pool parties, etc.

Family events are planned on a recurring basis as part of child and youth service events.

<b>Name:</b> MWR Youth Programs
<b>Phone:</b> 011-973-829-157 DSN: 318-439-9157

## For Teens Only

There are many programs, trips and events planned just for teens that MWR develops and operates. Past trips have included visits to Hawar Island, Dubai, as well as, local places in Bahrain.

## Survival Tips For First Termers

### Survival Tips for First Termers Overview

For more information on this subject:  
World travel restrictions/travel tips/passports  
<http://www.travel.state.gov>

Bahrain is a wonderful place to work and play. It is an exciting overseas duty, but come prepared. Ask lots of questions of your sponsor. Read this SITES guide carefully, then ask more questions. Check with your local FFSC for more information and for relocation materials. If possible, try to set aside some extra money for travel and emergencies. Visit your library and read up on the Middle East and Bahrain. Some customs are a little different here, you will enjoy learning them.

Check List for a Newcomer

Before you leave the U.S. matters for the transferring person

1. \_\_\_\_ Has your command initiated overseas screening? Contact your local PSD to start the



process for yourself and each member of your family. (Medical History, Immunization Record, Medical Exam, Dental Exam, Financial)

2. \_\_\_ You must have an Official (no fee) Passport (brown). It can take longer than 60 days to get one, so apply now!

3. \_\_\_ Recommend you apply for a Tourist Passport (blue), at your own expense, for ease of traveling while on leave.

4. \_\_\_ Ensure your sponsor knows your travel arrangements so you (and your family) can be met at the airport and accommodations can be arranged.

5. \_\_\_ A visa is needed for Bahrain. It can be issued there upon arrival with no problem.

6. \_\_\_ Make sure your U.S. State driver's license is current and you know how to renew it by mail.

7. \_\_\_ You can use an International Driver's License to drive here. Check with AAA, and don't forget to find out how to renew the one-year license by mail.

8. \_\_\_ Do you plan to attend continuing education courses while stationed in Bahrain? If yes, bring information on how to mail for certified copies of transcripts.

9. \_\_\_ If you have school age children, ask your sponsor for information on the Department of Defense Dependents School (DoDDs). You must register your child(ren) for school in person.

10. \_\_\_ Are you a single parent or dual military family with children? If yes, you will need to make arrangements for your children should you go TAD or become deployed.

11. \_\_\_ Will you be bringing any pets? You will need to work with your sponsor on arrangements for necessary paperwork requirements.

12. \_\_\_ Will you be shipping household goods? You can mail an Express Shipment of items that can be delivered to the hotel while you are looking for a villa (house) or flat (apartment). Large appliances should be sold or put into storage, as most living spaces are equipped with the necessary appliances.

13. \_\_\_ Electricity runs 220/50-Hertz here so your 110/60-Hertz items will need transformers and adapter plugs, all are available there.

14. \_\_\_ Will you be shipping a vehicle? Catalytic converters can stay on your vehicle - unleaded gas is available for sale.

15. \_\_\_ Have you completed all special legal or insurance concerns? Such as Power of Attorney, Wills, Page Two, Life Insurance, Renters Insurance on items stored.

16. \_\_\_ Are all financial matters complete? Such as taxes, bank accounts, direct deposits, bills, etc.

17. \_\_\_ Your sponsor can get a post office box for you 14 days before your arrival, then when you know your new address, contact your current post office,

magazine/newspaper subscriptions, and billing agents of the change.

18. \_\_\_ Suggest you get a phone card, they can come in handy while moving.

19. \_\_\_ Bring a full sea bag.

20. \_\_\_ Your sponsor will make hotel reservations through TQ reception desk: 439-4716, confirm.

#### FLIGHT

1. \_\_\_ Do you have copies of your orders, tickets, and passports handy? Make copies of each and store in a separate place in your luggage.

2. \_\_\_ Bring important items in a carry-on. Such as reading material, sunglasses, medicines, a change of clothes, things to keep kids happy, toiletries, and a pen for filling out arrival forms.

3. \_\_\_ Ensure you have all emergency telephone numbers handy in case you need to contact your sponsor, your family members, the base and keep the numbers to your old command.

4. \_\_\_ Wear comfortable civilian attire while traveling, remembering to dress conservatively - no shorts, no sleeveless tops, shoulders must be covered and skirts or dresses should not be above the knee. It is acceptable for children, ages 12 and under, to wear summer clothing (shorts and sleeveless tops).

#### ARRIVAL

1. \_\_\_ If your sponsor is not at the airport to pick you up take a taxi to NSA. The fare should not be more than 4 dinar (about \$11).

2. \_\_\_ Get some money at an ATM. 1 dinar = \$2.65 or \$1 = .375 fils

3. \_\_\_ Go to TQ/Sentinal Hall and have your orders stamped or annotated with the date and time of arrival and non-availability of government housing.

4. \_\_\_ International phone calls are very expensive room the hotel. Use the AT&T phone center on base to make a DSN call home.

#### AFTER ARRIVAL ( IN-PROCESSING)

5. \_\_\_ Tour of base with sponsor see Medical/Dental, QOL Building Housing, CDC, HRO, FFSC, Library, Youth Center, Personnel Services, Personal Property, Dinar Exchange (application for CPR card and Bahraini Driver's License), Ship's Store, NFCU, and recreation facilities.

6. \_\_\_ Check-in with new command.

7. \_\_\_ Immigration/Passport/Visa office for your residence visa application and validation of your International Driver's License.

8. \_\_\_ Plan to attend mandatory Newcomers Orientation and base Indoctrination program. Sign-up at the Fleet and Family Support Center, by sponsor or when checking-in.

9. \_\_\_ DoDDS or Bahrain School, if you have school age children.
10. \_\_\_ Cold store or grocery store near your temporary lodging.
11. \_\_\_ Gasoline station.
12. \_\_\_ Other areas of interest.

<b>Name:</b> FFSC Bahrain
<b>Phone:</b> 011-973-724-046
<b>FAX:</b> 011-973-724-049
<b>DSN Phone:</b> 318-439-4046
<b>DSN FAX:</b> 318-439-4049

<b>Name:</b> Unleaded Gasoline
<b>WWW Link:</b> <a href="http://www.unleadedbahrain.com/english/index.htm">http://www.unleadedbahrain.com/english/index.htm</a>

## Before You Move

Contact the Relocation Assistance Program Manager at your Fleet and Family Support Center, pick up relocation pamphlets. Spouses may want to contact FFSC employment assistance and update resumes. Family member travel must be approved by Personnel well ahead of departure time. If you get married before you PCS, you must inform your command and follow procedures exactly as given to you.

Overseas screenings are required for each military person and family member, even for an unaccompanied tour.

Obtain and hand carry these documents:

1. Official/Travel Orders, tickets, military ID and records
2. Official "No Fee" passport(s), Bahraini visas can be obtained once in the country.
3. Immunization record for each family member
4. School records/transcripts (for family members only).
5. Pets Health Certificate and papers
6. Travelers checks
7. Credit cards/telephone cards
8. Emergency data
9. Power of Attorney, copy of wills
10. Insurance policies/packer's inventories and shipments

Make arrangements for shipping or storage of household goods and POV. Set up direct deposit accounts. Have Navy Legal prepare wills and power of attorneys.

Be aware of the luggage limits set by the airline in which you will travel. Most airlines allow two checked bags 70 lbs. each. Excess luggage and weight can be very expensive. Check with your airline about luggage allowance.

## After You Arrive

All military and civilian personnel arriving at Bahrain's International Airport should be met by your sponsor. If your sponsor is not present upon arrival, take a taxi to NSA Bahrain (this should cost about 3 dinar, that's about \$8) and check into Sentinel Hall, where you will get your orders stamped and find out what your lodging arrangements will be. For safety reasons, all hotel reservations are made through one office.

Hopefully, your sponsor will sign you up for the Newcomers' Orientation, which is provided twice a month. The week indoctrination program will help answer your relocation questions. If your sponsor didn't sign you up, it can be done as part of the check-in process.

## Reporting Procedures

All personnel reporting to COMUSNAVCENT, COMFIFTHFLT, NSA or any tenant command, must check-in with Sentinel Hall so an accurate date and time of arrival can be stamped on orders. This should be done by noontime the same day of your arrival.

**\*ALL PERSONNEL ARE TO REPORT WITH A FULL SEA BAG.**

<b>Name:</b> Check-In
<b>Phone:</b> 011-973-727-762
<b>FAX:</b> 011-973-727-291

## Travel Planning

Pack-out day. Assign each room a number, then designate the corresponding rooms to the packers on the move-in day.

Pack a "first night" box (in HHG shipment) i.e. bed linens, towels.

Do not ship clothing on hangers, as it will cause rusting and damage clothing during storage and shipment.

Place all heat sensitive items near the center of packing crates to insulate them from heat.

Airport baggage: To aid in recovering misplaced baggage, enclose proper identification inside baggage. Carry a list and description of all items in baggage. Hand carry important documents and papers.

## Vehicle Ownership

PCS personnel are allowed to ship only one POV at government expense. Shipping a POV is recommended unless the vehicle is hard to maintain, has body damage, missing parts, or has been extensively modified. Service is available for most American cars, but the parts are often difficult to find. Bring spares and replaceable items. Your vehicle's catalytic converter should be left on your vehicle - you DO NOT HAVE TO REMOVE IT. See also POV IN-BOUND SHIPMENTS.

Only locally purchased insurance is valid in Bahrain. Do not cancel U.S. insurance until Bahrain insurance coverage is obtained or lien holders upon notification will assess you a hefty insurance premium. You can purchase a POV locally where spare parts are available, but the purchase price can be higher than in the states.

In order to operate your POV in the State of Bahrain, it must be registered and insured in Bahrain. Vehicles with the following will have difficulty passing inspection:

Dark/Medium tinted or mirrored windows on the sides and/or rear of the vehicle.

Body damage and/or missing part, i.e. bumpers, windows, lights, exotic paint jobs, etc. EXTENSIVELY MODIFIED POV's, i.e. Mag glass, low chassis.

## Housing and Billeting

Housing and Billeting: Temporary quarters for accompanied members are not available at this time. Accompanied members will be placed at a local hotel in town, and allowable expenses will be covered by TLA (not to exceed 60 days). There are several hotels that offer family suites with 2 bedrooms and a living area and a kitchenette. A few hotels allow pets. Let your sponsor know your needs and

preference. Unaccompanied members will be billeted at temporary quarters at Sentinel Hall or at local hotels (depending on space availability). Discuss expenses with your sponsor before you arrive.

Government housing is NOT available in Bahrain. Housing choices range from flats, housing compounds, and private villas, (Flat-apartment, Villa-private house enclosed by a wall and compound-multi-housing community with amenities enclosed by a wall) all available semi or fully furnished. DO NOT accept services from "Realtors" knocking on hotel doors or calling you directly. An advance Overseas Housing Allowance (OHA) may be requested upon finalizing your lease.

<b>Name:</b> Housing Welcome Center
<b>Address:</b> PSC 451 Box Housing
<b>City:</b> FPO 09834-2800
<b>Phone:</b> 011-973-724-104
<b>DSN Phone:</b> 318-439-4104

## Money Matters

PCS detaching personnel should arrange for direct deposit, allotments and automatic account transfers directly from the military finance center, bank and/or credit union. This will help to avoid possible delays resulting in late payments. Allotments are recommended for unaccompanied married personnel (to their spouses) and other persons needing to send a specific amount of money on a monthly basis. Establish allotments at least 2 months prior to detaching from present duty station. Allotments established after arrival at U.S. Central Command, require at least 60 days for deposits to begin. The on-base banking facility is Navy Federal Credit Union, a full service cash facility with ATM located in Bldg 26. All Department of Defense, Department of State, Government Service personnel and most government contractors stationed in Bahrain are eligible for membership.

Navy Legal Service Office (NLSO) does offer great tax assistance via the Voluntary Income Tax Assistance Program (VITA).

## At A Glance

### Facility/Services Summary

<i>--Officer and Enlisted Population--</i>			
Active Duty Officer	230	Active Duty Warrant Officer	8
Guard Reserve Officer	12	Guard Reserve Warrant Officer	0
Retired (Officer and Enlisted)	0	Foreign Service Officers	0
Active Duty Enlisted	1050	Guard Reserve Enlisted	20
Foreign Service Enlisted	0		
<i>--Civilians--</i>			
Civil Service	223	Wage Grade	150
Non-Appropriated Funds	30	Family Members -on and off Installation-	760
<i>--Family Services--</i>			
Family Centers	1	Teen Centers	1
Child Day Care	1	Family Child Care Certified Homes	0
Total Child Capacity	68	Total Child Capacity	0
Average Waiting List Time -Months-	6		
<i>--Other Services--</i>			
Commissary	0	Exchanges	0
Shoppettes	1	Gas Stations	0
Movie Theaters	1	Banks and Credit Unions	1
McDonalds/Burger King	0	Other i.e. Exchange concessionaires	2

### Housing Summary

<i>--Officer Housing--</i>			
Senior Officer Waiting	0	Senior Officer 3 Bed Room	0
Senior Officer 4 Bed Room	0	Senior Officer Other	0
Company Grade Officer Waiting	0	Company Grade Officer 2 Bed Room	0
Company Grade Officer 3 Bed Room	0	Company Grade Officer 4 Bed Room	0
Company Grade Officer Other	0	BOQ	0
<i>--Enlisted Housing--</i>			
Senior Enlisted Waiting	0	Senior Enlisted 3 Bed Room	0
Senior Enlisted 4 Bed Room	0	Senior Enlisted Other	0
Enlisted Waiting	0	Enlisted 2 Bed Room	0
Enlisted 3 Bed Room	0	Enlisted Other	0
BEQ	0	Transient Lodging Facilities	0

### Education Summary

<i>Name</i>	<i>Numbers</i>
Elementary School	1
Jr High/Middle School	1
High School	1

## Local Community Summary

<i>Type of Housing</i>	<i>Avg.</i>	<i>Low</i>	<i>High</i>
Apartment Rent	1200	800	2000
House Rent	1600	2000	4000
House Price - Single Family	0	0	0
Townhouse/Condominium Price	0	0	0

## Medical and Dental Summary

<i>--Medical Facilities--</i>					
Medical Treatment Facilities	N	Number of Beds	0	Medical Clinic	0
Alcohol	N	Allergy	N	Audiology	Y
Cardiology	N	Coronary care	N	Dermatology	N
Dietary	N	Emergency room	Y	Endocrinology	N
Family Practice	Y	General surgery	Y	Gynecology	Y
HIV Unit	N	Hematology	Y	Immunization	Y
Infect Disease	Y	Intensive Care	N	Laboratory	Y
Mental Health	Y	Neonatal Intensive Care Unit	N	Nuclear Medicine	N
Nephrology	N	Neurology	N	Neurosurgery	Y
Obstetrics	Y	Oncology	N	Ophthalmology	Y
Optometry	Y	Orthopedics	Y	Otolaryngology	Y
Pathology	Y	Pediatrics	Y	Physical Therapy	Y
Podiatry	Y	Primary Care	Y	Radiology	Y
Rheumatology	N	Urology	Y		
<i>--Dental Facilities--</i>					
Dental Clinics	0	Adolescent	N	Endodontics	Y
General Dentistry	Y	Oral Surgery	Y	Orthodontics	Y
Pedodontist	Y	Periodontics	Y		

## Relocation and Support Services Summary

<i>--Military Clubs--</i>			
Officers Club	1	Non-Commissioned Officers Club	1
Enlisted Club	1		
<i>--Recreation--</i>			
Arts and Crafts	0	Automobile Hobby Centers	0
Bowling Centers	1	Recreational Centers	1
Libraries	1	Music and Theater Locations	1
<i>--Physical Fitness/Sports--</i>			
9 Hole Golf Courses	0	18 Hole Golf Courses	0
Gyms/Physical Fitness Centers	3	Jogging Paths	0
Tennis Clubs/Courts	2	Tennis Courts - Lighted	2
Swimming Pools - Public	2		
<i>--Nature/Outdoor Activities--</i>			
Outdoor Recreation Centers	0	Campgrounds	0
Fishing Areas	0	Horse Stables	0

## **APPENDIX**

### **Disclaimer**

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